Britain's biggest-selling food magazine

good FOOD

EST 1989

January 2025

our recipes always work

make veg the star

Roasted cauliflower cheese filo pie

- Glazed carrot tacos
- Peanut butter noodle soup
- One-tray spiced mushroom pilaf

Lunar New Year celebration menu

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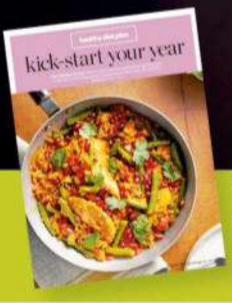
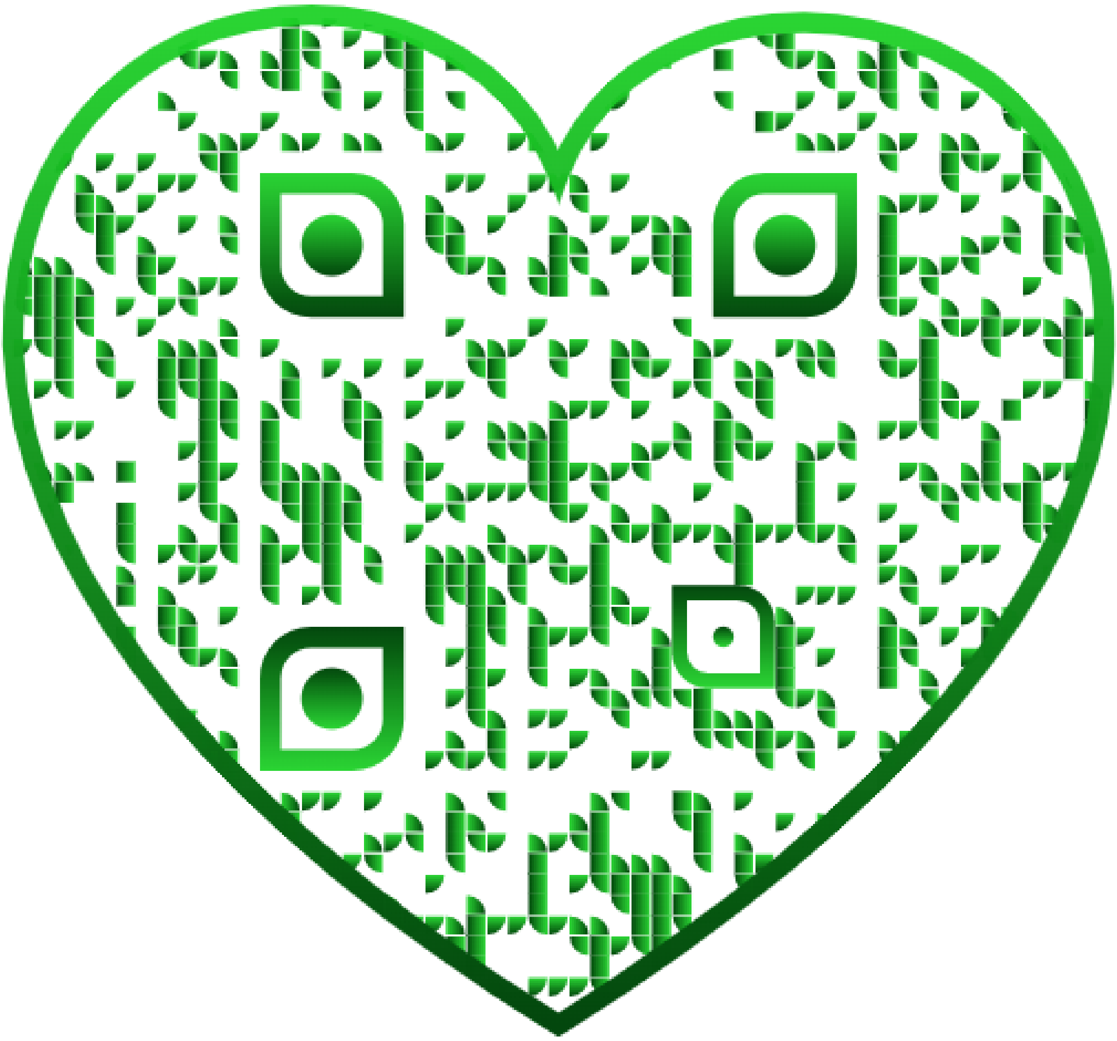
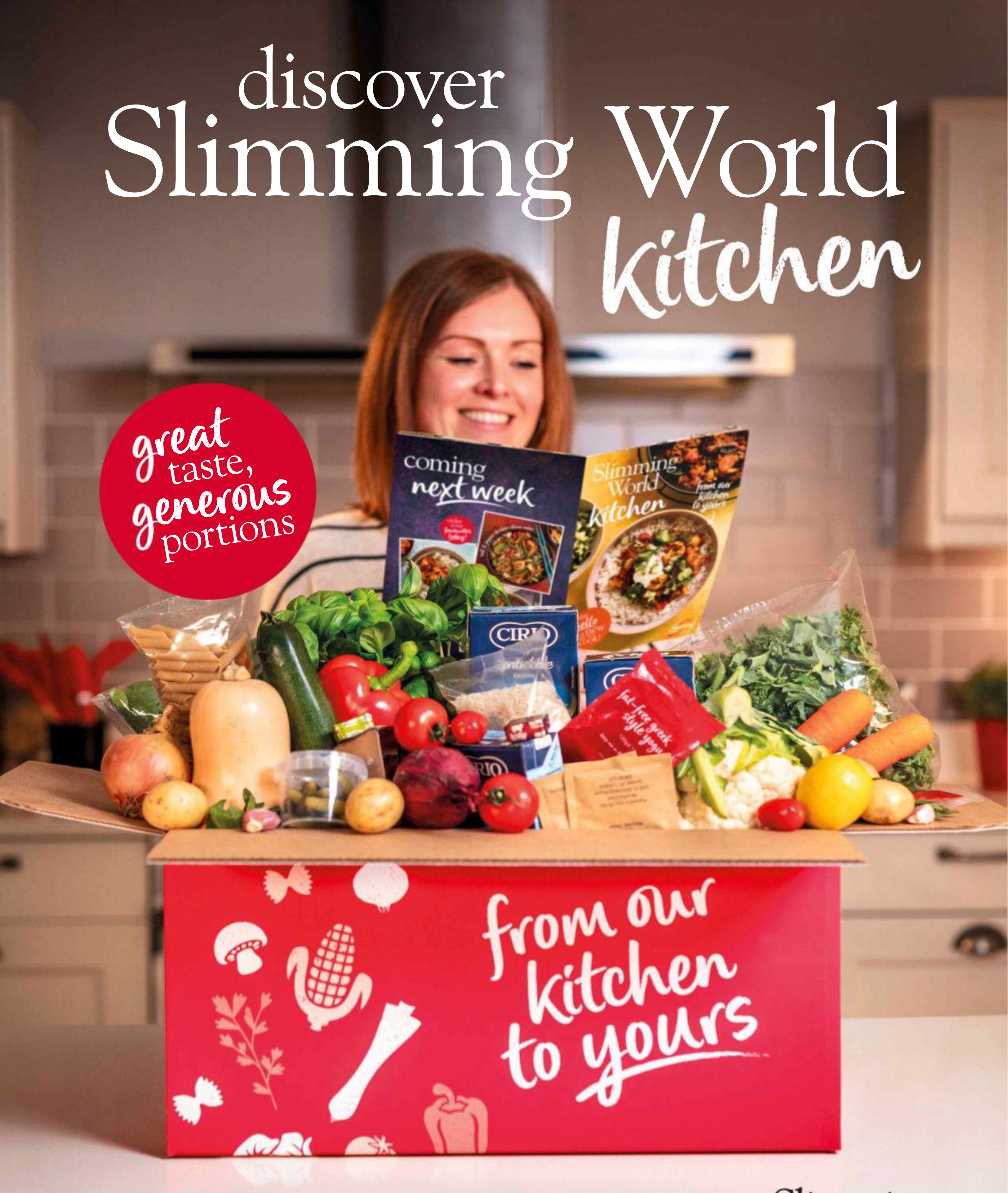


YOUR NEW 15-PAGE HEALTHY DIET PLAN SPECIAL

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Welcome to January

I lack the discipline to stick to New Year's resolutions, so I never bother, but I do have an ambition for 2025: to eat less meat. I eat beef, pork, chicken and lamb, but in moderation, and when I do, it's high-welfare and mainly organic and certainly free-range. As good butchers say: more quality, less often. But I'm determined to cut down even more this year, for the simple reason that I know it's better for the planet – and that means making veg the star. To inspire me – and you, I hope – our team have come up with some sensational recipes (p9).

The recipes use 'seasonal' veg, but that got us talking in the office: given the freak weather events of recent times, what does 'seasonality' actually mean? Is climate change altering the calendar for harvesting fruit and veg? On page 121 you'll find our managing editor Lulu Grimes' deep dive into how to shop and cook for the ever-changing conditions. And throughout your mag, look out for tips and guidance for how to make our recipes as sustainable as possible.

Keith

Keith Kendrick,
Group magazines editor
@keithk_goodfood

3 *of my faves from this month's issue*

YOUR 2025 HEALTHY DIET PLAN

Start as you mean to go on with our 15-page guide to help you eat delicious, healthy food (p59).

HONEY-BAKED CHICKEN

Andi Oliver shares the dish her daughter loved as a child (p94). You can listen to them on the Good Food podcast.

CHOCOLATE & PEANUT BUTTER PUDDINGS

A gorgeous, comforting recipe from The Hairy Bikers' final cookbook (p99).

COOK THE COVER (p10)

RECIPE
Barney Desmazery

PHOTOGRAPH
James Lee

FOOD STYLIST
Amy Kinnear

PROP STYLIST
Jo Harris

SHOOT DIRECTOR
Ben Curtis & Rachel Bayly

goodFOOD
make veg the star

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EXCLUSIVE! NADIYA ON THE GOOD FOOD APP

We are thrilled that author, chef and presenter Nadiya Hussain is taking over the Good Food app for the second year. Discover a week of Nadiya's delicious recipes — available exclusively on our trusted app. Download today and enjoy six months of access for just 99p!

Friends of Good Food

CHING-HE HUANG

Celebrate the Lunar New Year with recipes from Ching (p34), plus her tips to take your Chinese cooking to the next level (p108).

SEEMA PANKHANIA

Childhod cancer survivor Seema is a tour-de-force on social media and has written a cookbook, which we review on p114.

POPPY O'TOOLE

Famous for her air-fryer cooking and love of potatoes, Poppy has now turned her considerable skills to making easy, cosy meals in a slow cooker. Perfect for winter (p29).

goodFOOD January 2025

EST 1989

68

ON THE COVER

9 MAKE VEG THE STAR
Go meat-free with these vibrant dinners

EASY

22 BUDGET BRILLIANCE
Delicious meals that are a little easier on the pursestrings

29 SLOW COOKER MAGIC
Take your time cooking Poppy O'Toole's classic dishes

34 LUNAR NEW YEAR
Ching-He Huang's recipes to celebrate the Year of the Snake

COOK SMART

46 AIR FRYER WINNERS
Quick to prep and efficient to cook, these meals are a breeze

51 WONKY VEG CHALLENGE
All the ideas you need to get the most from leeks and kale

54 DINNER TODAY, LUNCH TOMORROW
Transform leftovers from a chicken dinner into three lunches

HEALTH

59 HEALTHY DIET PLAN
Get 2025 off to a nutritious start with Dr Chintal Patel's plan

SEASONAL

77 AT ITS BEST
Let carrots, cauliflower and kale shine in these winter dishes

84 PLANT NOW, EAT LATER
Tips and ideas for enjoying seasonal favourites year-round

86 DISCOVER NEW INGREDIENTS
Try gamey pheasant for your next Sunday roast

THROUGHOUT THIS ISSUE

PLANET FRIENDLIER

Look out for our planet-friendlier badge to help you make informed choices about how to shop and cook more sustainably

121 CHANGING SEASONS
Find out how climate change is affecting the food calendar

23

OUR AWARDS

Britain's number one food media brand

BSME Awards 2024	**Editor of the Year (Food and Drink)**	Keith Kendrick, Good Food
PPA Awards 2024	**Campaign of the Year:**	Good Food app takeover by Nadiya Hussain
AOP Digital Publishing Awards 2023	**Editorial Team of the Year: Consumer**	Good Food and olive
AOP Digital Publishing Awards 2023	**Best Online Brand: Consumer**	Good Food
BSME Awards 2023	**The Readly Award**	Good Food *What's Your Perfect Comfort Food?* (October 2022)
The Publisher Podcast Awards 2023	**Best Food & Drink Podcast**	Good Food Podcast
PPA Awards 2022	**Media Brand of the Year (Consumer Media)**	Good Food
PPA Awards 2022	**Editor of the Year (Consumer Media)**	Lily Barclay *goodfood.com* and *olivemagazine.com*
PPA Awards 2022	**Writer of the Year**	Melissa Thompson, Good Food
BSME Awards 2021	**Editor of the Year, Food & Drink**	Lily Barclay
PPA Awards 2021	**Media Brand of the Year**	Good Food

WEEKEND

92 FRIDAY NIGHT DINNER
Try this Detroit-style pizza

94 MY FAVOURITE DISH
Andi and Miquita Oliver reminisce about a family favourite

96 COMFORT CLASSICS
Si King shares recipes from the final Hairy Bikers cookbook

101 BURNS NIGHT
Traditonal celebratory dishes to transport you to Scotland

106 RAISE A GLASS
An immune-boosting mocktail

IN THE KNOW

108 LEARN SOMETHING NEW
Ching-He Huang shares all you need to know about wok cooking

110 NEXT LEVEL
This vegan chilli packs a punch

113 5 OF THE BEST
Blenders worth your money

114 BOOKS FOR COOKS
The titles to look out for this month

117 OUT AND ABOUT
Our pick of the top foodie events across the UK in January

TRAVEL

126 SUSTAINABLE HOLIDAYS
The places to put on your 'to visit' list for the year ahead

EVERY MONTH

7 RECIPE INDEX
Find every recipe in this issue

42 SUBSCRIBER CLUB
Enjoy member benefits and savings

90 NEXT MONTH
Look ahead to our February issue

138 LAST BITE
American-inspired PB&J blondies

READER OFFERS

For more great savings, visit *goodfood.com/reader-offers*

- Save on a grow-your-own potato selection **p25**
- Experience Venice alongside your favourite celebrity chef **p100**
- Travel to some of Italy and Spain's most beautiful regions **p118**
- Enjoy a peaceful break in Cheltenham with up to 30% off **p120**
- Up to £200pp off holidays in enchanting Malta and Istanbul **p131**

Why you can trust goodFOOD

Good Food is the UK's No.1 food lifestyle media brand. We are passionate about food and cooking. While recipes are at the heart of what we do, we are committed to helping you have the best food experience you can, whether you're shopping for food, in your kitchen or eating out in the UK or abroad. This is what we promise:

Biggest and best
We're proud to be Britain's biggest-selling food magazine and the UK's No.1 food website, *goodfood.com*. Our contributors – chefs, our in-house team and confident columnists – are experts in their fields. Join the conversation in our twice weekly podcasts. Our best-selling cookbooks feature our trusted recipes.

Recipes for everyone
We always include quick, easy dishes, ideas for relaxed entertaining and more challenging recipes for when you want to take your skills up a notch.

Tested and trusted
All our recipes are thoroughly tested by experts to ensure they'll work for you. We put our gadgets through a rigorous testing process and carry out our taste tests fairly. Our restaurant and travel recommendations have all been tried by one of us.

Ethical
We care about the food we eat, the people who produce it and the effect this has on the world. In our test kitchen, we use humanely reared British meats, high-welfare chicken and eggs, and sustainable fish whenever possible. We aim to help you avoid food waste, with advice on using leftovers.

Healthy eating
Every recipe is analysed by our BANT-registered nutritionist, so you can be informed when you choose what to eat. We flag up vegetarian, vegan and gluten-free recipes. Find out more about our health philosophy on page 137.

Families and children
Families can need help to create harmonious mealtimes, so we address this by flagging up 'family' recipes. We encourage children and teenagers to get cooking with recipes that help them to learn new skills. Find out more at *goodfood.com/family-kids*.

Eating like a local
One of the joys of travel – both in the UK and overseas – is discovering great food. Our features are written from an insider perspective by on-the-ground writers and food and travel journalists.

Independent and respected
We are impartial and independent, so you can trust our advice and recommendations on everything from restaurants and wine to kitchen gadgets and more. We encourage your input on your local finds, and appreciate your feedback on our recommendations.

Food is our passion and pleasure
We take food seriously, but we also believe it's a pleasure to be enjoyed, whether cooking for the family, trying an unfamiliar ingredient, buying new products or eating out. We share our food discoveries and adventures with you – and love you to share the same with us on social media using *#goodfood*.

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Our commitment

At Immediate Media, publishers of Good Food, we respect and value differences. We understand that when people from different backgrounds and with different points of view work together, we can create the most value for our readers, our people and society. We always strive to be inclusive, but we need to do better. We have been taking time to listen and understand how we can make positive changes, and how we can better support and increase diversity across all our brands. We continue to work on a comprehensive plan to create and drive authentic change.

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aah! BISTO
Your Roast Dinner Deserves the Best!
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VEGAN
aah! BISTO Best ONION GRAVY WITH A RICH FLAVOUR
FOILED IN FRESHNESS
aah! BISTO Best BEEF GRAVY

Source: Circana Vales Sales Total Market 52we 26th October 2024

92
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INSTANT RECIPE FINDER

70 recipes

BREAKFAST & BRUNCH

Cinnamon crêpes with nut butter, sliced banana & raspberries **64**
Clementine & vanilla porridge with citrus salsa **62**
Full English breakfast pie **98**
Raspberry kefir overnight oats **64**
Sweetcorn fritters with eggs & black bean salsa **63**

MEAT

Burger bowl **26**
Chorizo, goat's cheese & butter bean soup **30**
Creamy butter bean, kale & lasagne soup **80**
Harissa sausage & veg traybake **47**
Shanghainese quick-braise Hong Sao-style Lion's Head meatballs **38**
Spicy beef taco bowl **67**
Triple cheese, pepperoni & jalapeño pizza **92**
Venison stew **104**

POULTRY

Chicken & beetroot lentil salad **57**
Coq au vin **32**
Creamy chicken & rice soup **57**
Creamy garlic chicken & polenta **54**
Green garlic chutney roast chicken with cumin-spiced vegetables **69**
Harissa chicken with bulgur wheat **72**
Honey-baked chicken **95**
One-pot garlicky chicken thighs & giant couscous **24**
One-pan pheasant breast with mushrooms, spinach and bacon **87**
Quick & spicy chicken noodles **56**
Roast pheasant with wild mushroom, potato & bacon ragout **87**
Salt & pepper chicken **48**
Thai pot-roast chicken **98**

FISH & SEAFOOD

Creamy Cajun prawn orzo **73**
Garlicky linguine with cabbage & anchovies **125**
Miso salmon & veg traybake **69**
One-pan coconut fish curry pie **70**
Red sweet & sour prawns **37**
Steamed seabass with wok-fried bacon lardons, chestnuts & dried Chinese mushrooms **36**
Tomato & sardine spaghetti with crispy breadcrumbs **25**

VEGETARIAN MAINS

Air fryer veggie curry **49** ●
Baked coconut dhal with spiced cauliflower & paneer **78** ●
Chickpea & roasted parsnip curry **124** ●
Dhal with cumin-roasted cauliflower **27** ●
Leek & kale hash with sage fried eggs **52**
Leek, walnut & goat's cheese pasta **52**
Lentil bolognese soup **66**
Lentil & mushroom shepherd's pie with parsnip mash **18**
Next level veg chilli **110** ●
One-pan smoky veggie lentil lasagne **73**
One-tray spiced mushroom pilaf **14** ●
Peanut chickpea rice bowl **23** ●
Peanut satay curry **30**
MAKE THE COVER
Roasted cauliflower cheese filo pie **10**
Spicy peanut butter & corn ramen **12**
Super-green curry with quinoa rice **70**
Sweet & spicy carrot tacos **16**
Vegan roast spiced squash salad with tahini dressing **66** ●
Winter salad **65** ●

STARTERS, SIDES & SNACKS

Beetroot & feta chaat **115**
Brussels sprout slaw **124**
Curry-spiced peanuts **30** ●
Dauphinoise potatoes **32**
Golden egg & onion fried rice **40**
Hot beetroot salad **124**
Kale chips **52**
Leek & butter bean soup **52**
Rumbledethumps **104**
Seasonal 'wealth greens' ('Fa Cai') **40**
Simple stir-fried pak choi **48**
Sourdough croutons **30**

COCKTAILS & DRINKS

Immune-supporting mocktail **106**

BAKING & DESSERTS

Chocolate & peanut butter puddings **99**
Peanut butter & jelly blondies **138**
Raspberry shortbread crumble **104**
Sticky carrot & date cake with tahini maple icing **82**
Whipped whisky cream **104**

● Vegan

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Make veg the star

You won't miss the meat in our vibrant and satisfying dinners for winter

photographs CHELSEA BLOXSOME

Sweet & spicy carrot tacos, p16

Roasted cauliflower cheese filo pie

Turn a much loved vegetarian classic into a hearty pie using shop-bought pastry – and be sure to use the stalks and leaves of the cauliflower. ***Barney Desmazery***

SERVES 6 **PREP** 30 mins
COOK 1 hr 20 mins **EASY V**

For the pie
1 head of cauliflower, leaves and stalk cut into small pieces, then cut into florets
2 tbsp olive oil
40g parmesan or vegetarian Italian-style cheese
100g melted butter or olive oil, for brushing the pastry and the tin
4 sheets of filo pastry
For the sauce
50g butter
40g plain flour
500ml whole milk
1 tsp mustard powder or English mustard
150g extra mature cheddar, grated
grating of nutmeg
pinch of cayenne pepper

1 Heat the oven to 210C/190C fan/gas 7. Tip the cauliflower florets and chopped leaves and stalks on a roasting tray and toss with the olive oil and a pinch of salt. Grate over about a quarter of the parmesan. Roast for 30 mins until lightly charred and tender. Set aside.

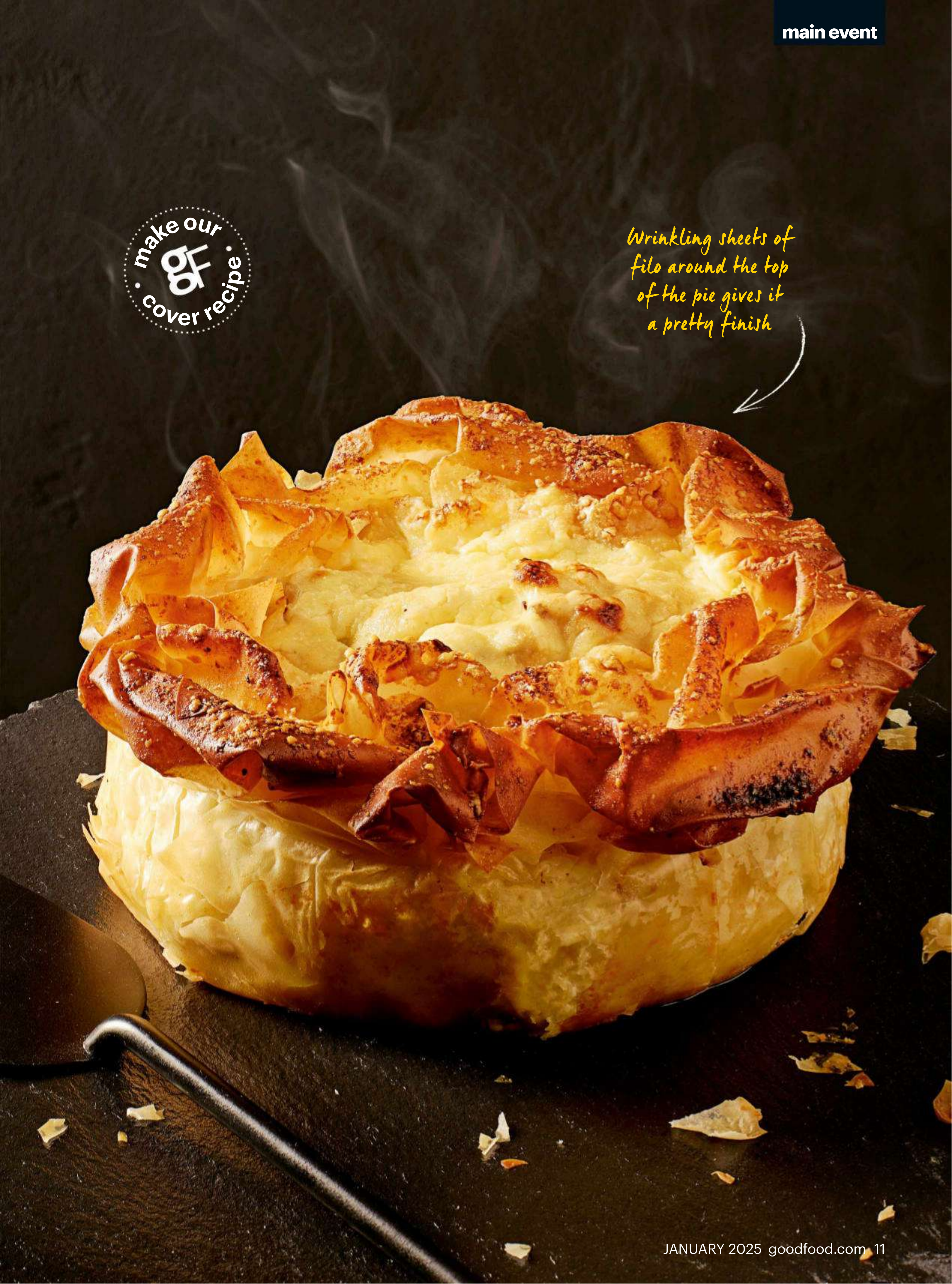
2 While the cauliflower is roasting, prepare the cheese sauce. Melt the butter in a saucepan over medium heat until frothy. Stir in the flour and cook for 2-3 mins to form a sandy paste. Gradually whisk in the milk, stirring constantly to avoid lumps. Once all the milk is incorporated, cook for 10 mins, stirring occasionally, until the sauce thickens. Add the mustard powder and all but a handful of the grated cheddar. Stir until smooth. Season with the nutmeg and cayenne, and some salt to taste.

3 Butter or oil a round spring form cake tin. Lay a sheet of filo pastry inside the dish, letting the edges overhang. Brush the filo with more butter or oil and scatter with a bit of parmesan and repeat with the rest of the sheets working your way around and overlapping them to cover the base and sides.

4 Tip the roasted cauliflower into the centre of the filo-lined dish. Pour the cheese sauce over the cauliflower, ensuring it's evenly coated. Ruffle up the overhanging filo sheets around the filling and scrunch it slightly to create a decorative finish. Brush with more melted butter or oil. Scatter the exposed sauce with the remaining cheddar and sprinkle with the rest of the parmesan. Bake for 20 mins then remove the tin but leave the base underneath it, and bake for a further 20 mins until the pastry is golden and crisp. Leave to cool slightly before serving.

GOOD TO KNOW calcium • vit c • 1 of 5-a-day
PER SERVING 461 kcals • fat 34g • saturates 19g • carbs 21g • sugars 7g • fibre 2g • protein 16g • salt 1.14g

make our gF cover recipe



Wrinkling sheets of filo around the top of the pie gives it a pretty finish

Spicy peanut butter & corn ramen

This warming noodle soup packs a punch; it's spicy, sweet, nutty and savoury all in one slurp! The fish sauce adds a subtle layer of umami richness, but if you're serving this to vegetarians you could swap it out for a spoonful of miso paste. ***Cassie Best***

SERVES 2 **PREP** 5 mins
COOK 20 mins **EASY** **V**

- 2 tsp vegetable or sunflower oil
- 2 tsp grated ginger
- 3 garlic cloves, crushed
- 1 tbsp gochujang
- 2 tbsp smooth peanut butter
- 400g can coconut milk
- 2 tsp soy sauce
- 1 tsp soft brown sugar
- few shakes of fish sauce (optional), or 1 tbsp miso paste if vegetarian
- 1 lime, 2 'cheeks' cut away, and the remainder juiced
- 1 tsp chilli oil, plus a drizzle to serve (optional)
- 150g frozen sweetcorn
- 1 pak choi or choi sum, sliced
- 2 eggs
- 200g ramen noodles
- small bunch of coriander, to serve

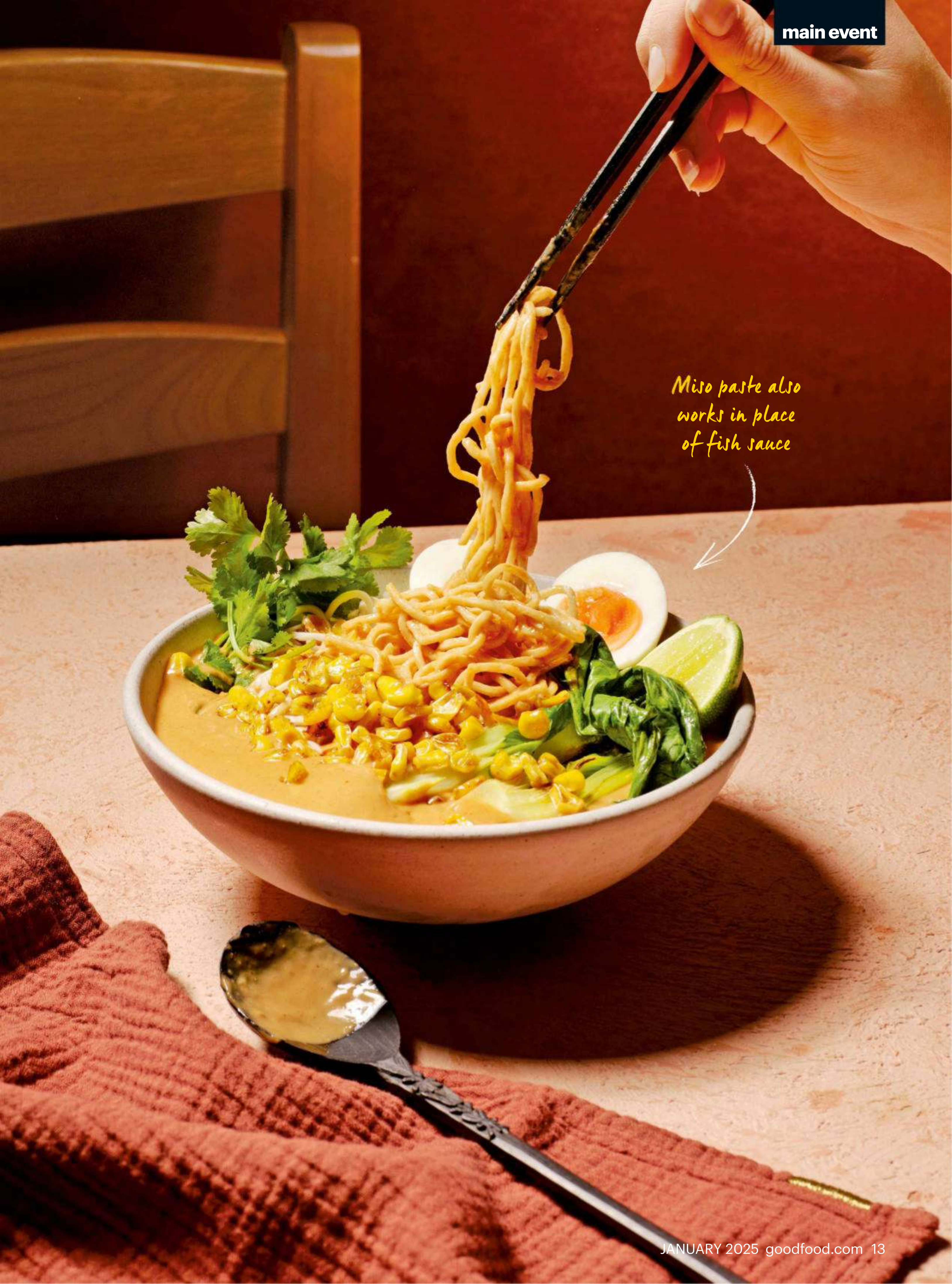
1 Heat the oil in a large saucepan. Add the ginger and garlic and sizzle gently for a minute, without letting the garlic colour. Stir in the gochujang and peanut butter, add a large spoonful of the coconut cream from the top of the can of milk. Once smooth and well combined, stir in the remaining coconut milk, the soy sauce, sugar, fish sauce or miso if using, and the lime juice. Leave to simmer gently.

2 Meanwhile, heat 1 tsp chilli oil in a frying pan and add the sweetcorn along with a pinch of salt. Fry over a medium heat until the sweetcorn starts to caramelise, about 8-10 mins. Push the corn to one side of the pan and add the pak choi, fry for a few minutes to soften the leaves.

3 Heat a small pan of water until boiling. Gently boil the eggs for 7 mins, then remove from the water with a slotted spoon and plunge into cold water. Set aside until you're ready to serve.

4 Add the noodles to the pan of hot water and cook until just al dente. Drain and divide the noodles between soup or ramen bowls. Ladle the soup on top, spoon over the sweetcorn and place the pak choi on one side of each bowl. Peel and halve the eggs and place on top of the noodles. Add some fresh coriander and a cheek of lime each. Drizzle with a little more chilli oil if you like.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day
PER SERVING 993 kcals • fat 53g • saturates 33g • carbs 96g • sugars 14g • fibre 9g • protein 29g • salt 2.47g



Miso paste also works in place of fish sauce

One-tray spiced mushroom pilaf

For hands-off cooking, this pilaf is ideal. For very little effort you're gifted with lots of umami flavour.
Helena Busiakiewicz

SERVES 4 **PREP** 20 mins
COOK 1 hr **EASY** **V**

- 30g porcini mushrooms
- 30g dried shiitake mushrooms
- 1 tbsp soy sauce
- 1 tsp mushroom powder or vegetarian stock powder
- 1kg mixed mushrooms, roughly torn into bitesized pieces (we used chestnut, king oyster & shiitake)
- 1 onion, roughly chopped
- 5 garlic cloves, peeled, left whole
- 2 tsp cumin seeds
- 2 tsp ground coriander
- 1 tsp chilli flakes
- 5 tbsp olive oil
- 350g basmati rice, well washed

To serve
- chopped coriander, sliced spring onions and crispy chilli oil (optional)

1 Put the porcini, shiitake, soy sauce and mushroom powder in a large jug. Fill with 650ml boiling water and leave to infuse for 20 mins. Heat the oven to 240C/220C fan/gas 9.

2 Meanwhile, put the mixed mushrooms, onion and garlic in a large roasting tray, ours was 22cm wide and 30cm long. Sprinkle with the spices, plenty of salt and pepper, then drizzle over the olive oil. Roast for 40 mins, tossing halfway, until golden and softened.

3 Stir the rice through the mixture in the tray, then pour over the mushroom stock along with the rehydrated mushrooms. Cover the tray with foil and cook for 25 mins, then leave to stand, still covered, for a further 15 mins.

4 Sprinkle with the chopped coriander, spring onions and crispy chilli oil, if you like, then serve.

GOOD TO KNOW vegan • healthy • folate • fibre • 2 of 5-a-day
PER SERVING 547 kcals • fat 18g • saturates 3g • carbs 76g • sugars 6g • fibre 8g • protein 17g • salt 0.84g

Roast everything
in one tray

Sweet & spicy carrot tacos

Invite friends over for taco night and let everyone build their own. The urfa chilli lends a mild, smoky citrussy depth so it's well worth seeking out. ***Ailsa Burt***

SERVES 4-6 **PREP** 30 mins plus cooling **COOK** 40 mins **EASY** V

1kg carrots, unpeeled, scrubbed and sliced ½ cm thick
4 tbsp sunflower oil
3 tsp smoked paprika
3 tsp ground cumin
2 tsp dried oregano
2 tsp garlic granules
1½-2 tbsp urfa chilli, to taste
3½ tbsp date molasses
1 lime, zested and ½ juiced
small handful of coriander, finely chopped
200g feta, crumbled
200g soured cream

For the charred corn & spring onion salsa

400g frozen sweetcorn
4 large spring onions, trimmed
1 tbsp sunflower oil
1 lime, juiced
small handful of coriander, roughly chopped
8 pickled jalapeños, finely chopped
1 tsp honey

To serve

toasted corn tortillas, chopped coriander and lime wedges

1 Begin by making the salsa, heat the grill on high and move a rack to the top. Pour some boiling water over the sweetcorn and leave for 1 min. Drain thoroughly then spread out on a baking tray with the spring onions. Drizzle over the oil and season well with salt and pepper. Put under the hot grill, and toast for 10-12 mins, until charred. Keep an eye on this and stir regularly to ensure even charring all over. Remove and leave to cool for 10 mins. Pick out the spring onions and roughly chop, then tip into a bowl with the corn, lime juice, coriander, jalapeños and the honey. Season to taste and set aside.

2 Heat the oven to 200C/180C fan/gas 6. Tip the carrots, oil and spices into a roasting tin and toss together using your hands. Roast, stirring once or twice, for 20-25 mins until golden brown and almost cooked through. Mix in the date molasses and return to the oven for 5 mins.

3 Meanwhile, tip the lime zest, coriander, feta and soured cream into a food processor and pulse a few times until finely chopped then season to taste with salt, pepper and lime juice. Tip into a serving bowl and keep in the fridge until needed. *Will keep chilled for up to two days.*

4 Serve the corn tortillas with a little of the lime-soured cream spread over the bottom, top with the carrots and any juices from the tin and sprinkle some salsa over the top. Finish with chopped coriander and lime wedges on the side.

GOOD TO KNOW fibre • 2 of 5-a-day • gluten free
PER SERVING 455 kcals • fat 26g • saturates 10g • carbs 40g • sugars 27g • fibre 10g • protein 10g • salt 1.88g

Tomatoes aren't in season, so make a sweetcorn salsa instead

Lentil & mushroom shepherd's pie with parsnip mash

Use seasonal veg to make this winter warmer, or serve it cold for lunch. ***Samuel Goldsmith***

SERVES 4-6 **PREP** 30 mins
COOK 1 hr **EASY** V ❄

500g chestnut mushrooms, sliced
1 tbsp olive or vegetable oil
1 onion, finely chopped
1 carrot, finely chopped
1 celery stick, finely chopped
380g carton or 390g can green lentils, drained
175ml red wine
400g can chopped tomatoes
1 tbsp tomato purée
dash of Worcestershire sauce (or vegetarian alternative)
2 tsp red wine vinegar
1 tbsp soy sauce
200ml vegetable or mushroom stock
a few thyme leaves, to serve

For the mash topping
500g parsnips, chopped
750g potatoes such as Maris Piper or King Edwards, roughly chopped
100g butter
50ml milk
50g cheddar, grated

1 Heat a large pan over a medium heat and dry-fry the mushrooms for 6-8 mins until they've released their liquid and it's evaporated. Drizzle in half the oil and fry for a further 5 mins or until they've browned lightly. Remove from the pan, leaving any oil behind.

2 Drizzle the remaining oil into the pan and tip in the onions, carrots and celery. Reduce to a medium low heat, cover and cook for 8-10 mins, stirring every now and then, until the veg has softened but hasn't browned.

3 Stir in the lentils and red wine and cook for 1-2 mins until the wine has cooked off a little. Stir in the tomatoes, tomato purée, Worcestershire sauce, vinegar, soy sauce and stock plus the cooked mushrooms. Cook for 15-20 mins until the sauce has thickened.

4 Meanwhile, bring a large pan of salted water to the boil and cook the parsnips and potatoes for 15 mins or until tender. Drain and mash until smooth then stir in the butter and milk until the butter has melted.

5 Heat the oven to 200C/180C fan/gas 6. Tip the lentil and mushroom mix into a large ovenproof dish then spoon over the parsnip mash and scatter over the cheese. *Will keep frozen. Either defrost fully then bake, or bake for an extra 20-30 mins from frozen.* Bake for 20-30 mins until golden and the sauce is bubbling. Sprinkle with thyme, if you like.

GOOD TO KNOW folate • fibre • vit c • 4 of 5-a-day
PER SERVING 434 kcals • fat 20g • saturates 11g • carbs 40g • sugars 12g • fibre 11g • protein 12g • salt 0.97g

You can freeze this before baking then bake from frozen

Shoot director RACHEL BAYLY | Food stylist JACK SARGESON | Stylist HANNAH WILKINSON

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recipes for every day

Family
Hong Sao-style Lion's Head meatballs, **p38**

Midweek meals
Tomato & sardine spaghetti with crispy breadcrumbs, **p25**

Poppy Cooks
Peanut satay curry, **p30**

midweek meals

budget brilliance

We all feel the pinch in January, but you can save on your food shop with these flavour-packed meals that all cost £1.50 or less per portion

recipes HELENA BUSIAKIEWICZ *photographs* KIM LIGHTBODY

66p
per
serving

Peanut chickpea rice bowl

This is full of texture and colour, and can be cooked in the oven or air-fryer. Keep any leftovers for lunch the next day.

SERVES 4 **PREP** 10 mins
COOK 30 mins **EASY** V

- 2 x 400g cans of chickpeas, drained and dried using kitchen paper
- small bunch of coriander, finely chopped (save some extra whole leaves to serve, optional)
- 1 carrot, cut into matchsticks (no need to peel)
- ½ cucumber, seeds scooped out and cut into half-moons
- ½ red cabbage, finely shredded
- 400g brown rice, cooked
- sesame seeds, crispy onions or sliced red chilli, to serve

For the dressing

- 4 tbsp crunchy peanut butter
- 3 tsp reduced salt soy sauce
- 1 lime, juiced
- 1 tbsp chilli oil (optional)
- ½ tsp maple syrup or mild flavoured honey

1 Heat the oven or air-fryer to 200C/190C fan/gas 6. Make the dressing by mixing all of the ingredients together and season lightly. Pour the chickpeas onto a lined baking sheet and toss with half the dressing. Bake for 20-25 mins until crispy and golden. Leave to cool for 5 mins.

2 Mix the remaining dressing with enough water to make a pourable consistency. Mix the chopped coriander, carrot, cucumber and red cabbage together in a small bowl, and season lightly.

3 Split the rice between bowls, then top with the veg mix and crispy chickpeas, then scatter over the coriander leaves, sesame seeds, crispy onions and sliced chilli, if you like.

GOOD TO KNOW vegan • healthy • low cal • fibre • vit c • 3 of 5-a-day
PER SERVING 425 kcals • fat 13g • saturates 2g • carbs 53g • sugars 6g • fibre 18g • protein 18g • salt 0.5g

plan your week

We know life is busy, so to make things easier we're sharing this handy cut-out list with everything you need for our midweek meals.

SHOPPING LIST

FRESH PRODUCE

- limes
- carrots
- cucumbers
- red cabbage
- red chillies
- coriander
- flat-leaf parsley
- onions
- red onions
- bulb of garlic
- cavolo nero
- unwaxed lemon
- large potatoes
- Iceberg lettuce
- cherry tomatoes
- cauliflower
- fresh ginger

MEAT & FISH

- 4 skin-on, bone-in chicken thighs
- 250g lean beef mince

STORECUPBOARD

- 2 x 400g cans chickpeas
- 2 x 120g cans sardines in tomato sauce
- 200g can chopped tomatoes
- 400g can chopped tomatoes
- brown basmati rice
- spaghetti
- red lentils
- giant couscous
- panko breadcrumbs
- crunchy peanut butter
- low-sodium soy sauce
- maple syrup
- cumin seeds
- ground turmeric
- black mustard seeds
- Kashmiri chilli powder
- chilli flakes (optional)
- chilli oil (optional)
- ground coriander
- Cajun spice mix
- garlic granules (optional)
- crinkle-cut pickles in brine
- low-sugar ketchup
- American mustard
- sesame seeds
- crispy onions
- black olives

DAIRY & CHILLED

- cheddar
- natural yogurt (optional)
- light mayonnaise

Per person costings do not include salt, pepper or oil

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good food
Mexican bean soup with guacamole

One-pot garlicky chicken thighs & giant couscous

Feel free to swap the cavolo nero for curly kale, if you like.

£1.49 per serving

SERVES 4 **PREP** 10 mins
COOK 45 mins **EASY**

- 4 large skin-on, bone-in chicken thighs
- 1 onion, thinly sliced
- 200g cavolo nero, stalks finely chopped, leaves roughly chopped
- 5 garlic cloves, grated
- 250g giant couscous
- small bunch of parsley, finely chopped
- 1 lemon, zested and juiced
- 1 tbsp olive oil

1 Season the chicken, then put skin-side down in a wide, ovenproof frying pan, roughly 30cm wide. Turn it up to a medium-low heat, then cook for 8-10 mins until the skin is golden.

2 Transfer the chicken thighs to a plate (you'll finish cooking them later). Heat the oven to 200C/180C fan/gas 6.

3 Put the onion and cavolo stalks in the pan, season and cook for 8-10 mins until beginning to soften. Stir in the garlic and cavolo nero leaves, and cook for another 3-4 mins. Stir in the giant couscous.

4 Pour in 675ml cold water, stirring well. Season, bring to the boil, then reduce to a simmer and nestle the chicken thighs back in, skin-side up. Put in the oven for 18-20 mins.

5 Meanwhile, mix the parsley with the lemon zest, juice and olive oil. Season.

6 Remove the chicken from the oven, leave to stand for 5 mins, then drizzle over the dressing and serve.

GOOD TO KNOW healthy • fibre • vit c
PER SERVING 513 kcals • fat 20g • saturates 5g • carbs 45g • sugars 3g • fibre 6g • protein 35g • salt 0.28g

Tomato & sardine spaghetti with crispy breadcrumbs

A flavour-packed, speedy dish made using storecupboard ingredients.

SERVES 4 **PREP** 5 mins
COOK 25 mins **EASY**

- 2 tbsp olive oil
- 30g panko breadcrumbs
- 1 onion, finely sliced
- 300g spaghetti
- 2 garlic cloves, grated
- 2 x 120g cans sardines in tomato sauce
- ½ tsp chilli flakes (optional)
- 200g can chopped tomatoes
- 25g black olives, roughly chopped
- 1 lemon, juiced and zested
- small bunch of flat-leaf parsley, roughly chopped

1 Put a wide frying pan on a medium heat, and pour in 1 tbsp of the olive oil. Scatter in the breadcrumbs and cook for 4-5 mins, stirring often, until golden and crisp. Season and transfer to a small bowl lined with kitchen paper.

2 Wipe out the pan, pour in the remaining 1 tbsp oil, then scatter in the onion and a pinch of salt. Cook for 8-10 mins until softening and golden around the edges. Cook the spaghetti following pack instructions and drain, reserving a little of the cooking water.

3 Add the garlic to the frying pan, cook for 1 min, then tip in the sardines and chilli flakes, if using. Gently mash with a wooden spoon to make a thick sauce. Scatter in the olives, lemon juice and cooked spaghetti, along with a good splash of the pasta cooking water. Mix very thoroughly to coat.

4 Stir through the chopped parsley, divide between bowls, then sprinkle over the crispy breadcrumbs and serve.

GOOD TO KNOW healthy • calcium • vit c • 1 of 5-a-day
PER SERVING 503 kcals • fat 15g • saturates 3g • carbs 67g • saturates 6g • fibre 5g • protein 22g • salt 0.7g

77p per serving

reader offer

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Burger bowl

This is inspired by the popular online trend for a low carb, deconstructed burger without the bun. Feel free to change up the toppings – fried mushrooms also work well.

SERVES 4 **PREP** 10 mins
COOK 30 mins **EASY**

- 2 large potatoes, cut into rough chunks
- 2 tbsp vegetable oil
- 2 tbsp Cajun spice mix
- 1 tsp garlic granules (optional)
- 250g lean beef mince
- 25g crinkle cut pickles, plus 1 tbsp brine from the jar
- 1 Iceberg lettuce, shredded
- 1 red onion, finely sliced into rings and rinsed in cold water, if you like (this will reduce the strong raw onion flavour)
- 150g cherry tomatoes, halved
- 50g cheddar, grated

For the burger sauce

- 3 tbsp low-sugar ketchup
- 2 tbsp light mayonnaise
- ½ tbsp American mustard

1 Heat the air-fryer or oven to 220C/200C/gas 7. Put the potatoes in the air-fryer or oven, drizzle over 1 tbsp of the vegetable oil, 1 tbsp of the Cajun spice mix, the garlic granules (if using) and season. Cook for 20 mins, shaking halfway, or until crisp and cooked through.

2 When the potatoes have about 10 mins to go, heat the remaining 1 tbsp oil in a frying pan over a medium-high heat. Once shimmering, tip the mince into the the pan, and use a spatula to break it up. Sprinkle over the remaining 1 tbsp Cajun spice mix and season. Cook for 7-8 mins, or until crisp and cooked through.

3 Divide the potatoes between four bowls, then top with pickles, lettuce, red onion, cherry tomatoes, mince and a little cheese.

4 Mix the ketchup, mayo, mustard and pickle brine in a small bowl, then drizzle over the burger bowls and tuck in.

GOOD TO KNOW low cal • folate • vit c • 2 of 5-a-day
PER SERVING 207 kcals • fat 13g • saturates 3g • carbs 19g • sugars 7g • fibre 4g • protein 18g • salt 1.0g

£1.50 per serving

Dhal with cumin-roasted cauliflower

Top this warming dhal with roasted broccoli, if you prefer. We've used up the whole veg and roasted the leaves too.

SERVES 4 **PREP** 15 mins
COOK 50 mins **EASY** V

- 200g red lentils
- 1 cauliflower, broken into florets, large leaves roughly chopped
- 2 tbsp vegetable oil
- 2 tsp turmeric
- 2 tsp black mustard seeds
- 2 tsp cumin seeds
- 1 onion, finely chopped
- 2 garlic cloves, grated
- 25g ginger, most finely chopped, some cut into matchsticks
- 1 tsp Kashmiri chilli
- 1 tsp ground coriander
- 1 tsp tomato purée
- 1 x 400g can of chopped tomatoes
- small bunch of coriander, roughly chopped (save a small handful of whole leaves to serve)
- 4 tbsp natural yogurt, to serve (optional)

1 Boil the kettle, tip the lentils into a large heatproof bowl, and pour over the boiled water. Leave to soak while you roast the cauliflower.

2 Heat the oven to 200C/180C fan/gas 4. Spread the cauliflower and its leaves out on a large, lined baking tray. Drizzle over 1 tbsp vegetable oil, then scatter over the turmeric, mustard and cumin seeds and some salt and pepper, and massage in well. Bake for 30 mins. Once the cauliflower is golden and softened, drain the lentils.

3 Meanwhile, heat a large saucepan on a medium heat. Pour in the remaining 1 tbsp oil, then scatter in the onion. Cook for 10-12 mins or until softened, add the garlic and finely chopped ginger and cook for a further 2-3 mins

4 Scatter in the chilli and ground coriander, and add the tomato purée, stirring well to prevent burning. Pour in the tomatoes, then 2 canfuls of water. Tip in the lentils, mixing well. Cook for 15-20 mins until the lentils are tender and the sauce has thickened. You may need to add a bit more water as it cooks, depending on the consistency you prefer.

5 Stir in the chopped coriander and some salt and pepper, then divide between bowls. Top with a dollop of yogurt, the cauliflower and any mustard and cumin seeds left in the tray, the ginger matchsticks and coriander leaves.

GOOD TO KNOW vegan • healthy • low fat • low cal • folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 329 kcals • fat 8g • saturates 1g • carbs 41g • sugars 11g • fibre 9g • protein 19g • salt 0.18g

78p per serving

Shoot director LAURIE NEWMAN | Food stylist KATIE MARSHALL | Stylist LUIS PERAL

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Poppy Cooks

slow cooker saviours

Social media star **Poppy O'Toole** saves you time and effort with these warming dinners

photographs HAARALA HAMILTON

Peanut satay curry, p30

Poppy is a Michelin-trained chef, content creator and cookbook author who's known for her potato-based recipes on social media. *The Actually Delicious Slow Cooker Cookbook* is her third book. @poppy_cooks

I started my career as a chef – I did an apprenticeship at a Michelin-starred restaurant and was there for around three years. As a chef, you do a lot of slow cooking. It's always been a method of cooking that I've used and I've always had a slow cooker, so it was natural that it came together. One recipe in the book that resonates with me is the coq au vin (see recipe, p32) that my nan used to make. I make it a bit different to how she did, I put white wine in it instead – it provides the same delicious flavour, but a bit lighter.

Peanut satay curry

The peanuts in this dish make for a delicious savoury curry that proves a satay doesn't just have to be chicken on a stick. Cook this for your veggie friends and the meat-eaters won't be complaining either.

SERVES 4 **PREP** 10 mins
COOK 2-3 hrs **EASY** **V**

- 1 vegetable stock cube
- 2 sweet potatoes, peeled and cut into 2cm cubes
- 4 garlic cloves, crushed
- 1 lime, zested and juiced
- 400g can chickpeas, drained
- 400ml full-fat coconut milk
- 150g peanut butter
- 2 tbsp honey
- 2 tbsp dark soy sauce
- 2 tsp mild curry powder
- $^1/_2$ tsp ground turmeric
- 150g kale, stems removed and sliced

To serve

- thumb-sized piece of ginger, peeled and cut into matchsticks
- 4 spring onions, sliced
- handful of coriander, leaves picked and chopped
- 2 red chillies, deseeded and thinly sliced

1 First, dissolve the stock cube in 200ml boiling water. Tip it into the bowl of the slow cooker along with the sweet potatoes, garlic, lime zest and juice, the chickpeas, coconut milk, peanut butter, honey, soy sauce, curry powder and turmeric. Season with 1 tsp salt and plenty of pepper, and stir to combine. Put the lid on and cook on high for 2-3 hrs (or 6 hrs on low) until the sweet potatoes are completely tender. When the timer has 15 mins left, stir in the kale.

2 Once the curry is cooked, taste for seasoning and adjust as needed. If you prefer curry a little more loose, stir in more stock. Divide the curry between four bowls and scatter over the ginger, spring onions, coriander and chillies.

GOOD TO KNOW folate • fibre • vit c • iron • 2 of 5-a-day
PER SERVING 611 kcals • fat 39g • saturates 20g • carbs 41g • sugars 18g • fibre 11g • protein 18g • salt 3.45g

tip

This curry is delicious served with steamed white rice. I like to scatter some salted peanuts on top for a bit of crunch. Or, see below:

Curry-spiced peanuts
Toss the **salted peanuts** in **curry powder** and roast in a 200C/180C fan/gas 6 oven for 15-20 mins along with a **drizzle of oil** (or toast in an air fryer at 200C for 7-10 mins), then roughly chop and sprinkle over the finished curry.

tip

To make some sourdough croutons to serve on top, see below:

Sourdough croutons
Rip up a **stale end of sourdough**, drizzle with **oil (flavoured oils work well – chilli, garlic or basil)**, season with salt and pepper and bake in 200C/180C fan/gas 6 oven for 15-20 mins (or in the air fryer at 200C for 5-10 mins) until golden and crunchy, tossing occasionally.

Chorizo, goat's cheese & butter bean soup

This is a luscious soup with a meaty kick that's more than capable of becoming a main meal. Plus, if you've got a can of butter beans languishing on the shelf, this recipe will put them to good use.

SERVES 4 **PREP** 15 mins
COOK 4 hrs **EASY**

- 2 leeks (about 500g), thinly sliced
- 2 carrots, finely diced
- 2 celery sticks, finely diced
- 2 garlic cloves, grated or crushed
- 190g cooking chorizo, diced
- 400g can chopped tomatoes
- 1 tbsp tomato purée
- 1 tsp caster sugar
- 2 x 400g cans butter beans, drained
- 800ml chicken or vegetable stock
- 2 rosemary sprigs
- small handful of thyme
- 1 bay leaf
- 200g kale, sliced

To serve

- 120g hard goat's cheese, grated
- extra virgin olive oil, for drizzling
- 100g hazelnuts, toasted and roughly chopped (optional)

1 Put the leeks, carrots, celery, garlic, chorizo, chopped tomatoes, tomato purée, sugar, butter beans, stock, rosemary, thyme and bay leaf in the bowl of the slow cooker. You can tie the herbs together in a bundle using kitchen string, but it's not required. Season with 1 tsp salt and a generous amount of black pepper. Stir, put the lid on and cook on high for 4 hrs until the vegetables are tender. When the timer has 10-15 mins left, stir in the kale, then cover again until done.

2 Taste for seasoning and adjust as needed, then remove and discard the herbs. Divide the soup between four bowls. Sprinkle over the goat's cheese, drizzle over some olive oil and scatter over the hazelnuts (if using) and more black pepper.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 4 of 5-a-day
PER SERVING 713 kcals • fat 44g • saturates 13g • carbs 31g • sugars 14g • fibre 19g • protein 39g • salt 3.39g

easy

> The coq au vin resonates with me because my nan used to make it – it takes me back. I make it a bit different to how she did, as I put white wine in – it gives you the same delicious flavour, but lighter

Coq au vin

This classic French dish is a properly hearty and tasty meal to enjoy for your dinner. It's one for a fancy date night or dinner party to sound posh in front of your friends or family. Or, as it's just throwing it all into the slow cooker, you could even make it midweek.

SERVES 4 **PREP** 20 mins
COOK 3 hrs **EASY**

- 6 skinless, boneless chicken thighs
- 250g shallots, thinly sliced
- 4 garlic cloves, grated or crushed
- 300g chestnut mushrooms, halved
- small handful of thyme, leaves picked
- 200g diced pancetta or chopped smoked streaky bacon
- 200ml dry white wine
- large knob of butter, cubed
- 1 chicken stock cube, crumbled
- 100ml double cream
- 30g flat-leaf parsley, roughly chopped
- 1 tbsp cornflour, mixed with a little water (optional)

1 Season the chicken generously with salt, then put the chicken, shallots, garlic, mushrooms, thyme, pancetta or bacon, the wine, butter, stock cube, 1 tsp salt and a generous amount of black pepper in the bowl of the slow cooker. Put the lid on and cook on high for 3 hrs (or on low for 6-7 hrs) until the chicken is completely tender.

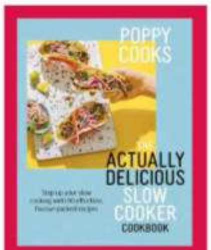
2 Stir in the cream, parsley and cornflour slurry (if using), gently breaking up any larger pieces of chicken as you go. Taste for seasoning and adjust as needed, then spoon onto plates to serve.

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 491 kcals • fat 34g • saturates 15g • carbs 4g • sugars 3g • fibre 3g • protein 30g • salt 3.53g

GF tip

Serve this with buttery mash, or make dauphinoise potatoes. See below:

Dauphinoise potatoes
Put **300ml double cream**, **2 garlic cloves** and a **few thyme and rosemary sprigs** in a pan with salt and pepper. Heat gently to infuse the flavours. Thinly slice **4-5 large Maris Piper potatoes** as finely as you can (use a mandoline, if you have one) and layer into a baking dish, seasoning between each layer and pouring over a bit of the infused cream each time. Pour over the remaining cream and bake for 50 mins at 170C/150C fan/gas 3 until golden and cooked through.



Extracted from *The Actually Delicious Slow Cooker Cookbook* by Poppy O'Toole (£20, Bloomsbury). Photographs © Haarala Hamilton.

easy

family

Lunar new year

Welcome in the Year of the Snake on 29 January with modern Chinese dishes by **Ching-He Huang**

photographs MAJA SMEND

Ching-He Huang is an award winning TV chef and food writer who has published 11 cookbooks celebrating modern Chinese cooking. @ChingHeHuang

easy

Steamed seabass with wok-fried bacon lardons, chestnuts & dried Chinese mushrooms

At Lunar New Year, 'Nian Nian You Yu' is symbolic phrase that translates to 'Every year you will have abundance'. The Mandarin word for 'fish' (Yu) is a homonym for 'abundance' (Yu), so a whole fish is usually served to symbolise unity and completeness, while the red-coloured chillies bring luck. Use any fish of your choice, cod fillets work well, or use frozen fish – just follow the pack instructions to ensure it is cooked through.

SERVES 2 or 4 to share **PREP** 15 mins plus soaking **COOK** 15 mins **EASY**

For the fish

1 heaped tbsp cornflour
1 seabass, rinsed and patted dry
pinch of ground white pepper
2 ½cm piece ginger, sliced into matchsticks
1 tbsp Shaoxing rice wine or dry sherry

For the sauce

4 large dried Chinese mushrooms
2 tbsp rapeseed oil
2 garlic cloves, finely chopped
2 ½cm piece ginger, finely peeled and grated
2 medium red chillies, deseeded and finely chopped
150g unsmoked bacon lardons
1 tsp dark soy sauce
¼ tsp Chinese five-spice powder
180g pouch cooked chestnuts
1 tbsp Shaoxing rice wine or dry sherry
1 tsp chilli bean sauce
2 tbsp light soy sauce
3 spring onions, sliced into 1-inch pieces

To serve

1 spring onion, sliced into strips and soaked in ice water for 5 mins to curl, then drained
1 red chilli, deseeded and thinly sliced
sprigs of coriander

1 Combine the cornflour with 2 tbsp water and set aside. Put the whole seabass on a deep, heatproof plate (that fits inside a steamer). Season both sides with salt and ground white pepper. Stuff the belly with the ginger then pour over the rice wine, followed by the cornflour slurry. Set the plate on a steamer set over a wok filled halfway with simmering water. Place the lid on and steam over a medium heat for 6-7 mins. When the fish is cooked, turn the heat off and keep warm in the steamer.

2 Meanwhile, make the sauce. Pour boiling water over the mushrooms then leave to soak for 20 mins. Drain and finely slice. Heat another wok or large frying pan over a high heat until smoking, then add the oil. Add the garlic, ginger and chillies. Stir in the lardons and cook for 1-2 mins until slightly browned. Pour in the soy sauce and stir to coat, then add the five-spice powder. Mix in the soaked mushrooms, chestnuts, rice wine, chilli bean sauce and soy sauce. Toss well to combine. Stir in the spring onions until just wilted.

3 Carefully remove the fish from the steamer and transfer to a large serving plate. Add any remaining fish cooking juices to the sauce in the wok and stir well, then pour over the seabass. Garnish with the spring onions, chilli and coriander and serve immediately.

PER SERVING (4) 471 kcals • fat 23g • saturates 5g • carbs 28g • sugars 6g • fibre 3g • protein 36g • salt 2.09g

Red sweet & sour prawns

The colour red shines through in this dish – sure to spread the luck to your guests this Lunar New Year! Using fresh pineapple would make it a treat but tinned pineapple works too.

SERVES 4-6 **PREP** 10 mins plus marinating **COOK** 10 mins **EASY**

- 432g can pineapple chunks, drained and juice reserved
- 1/2 tsp Chinese five-spice powder
- pinch of ground white pepper, plus a pinch extra to serve
- 2 tbsp Shaoxing rice wine
- 1 tbsp light soy sauce
- 350g raw tiger prawns, patted dry
- 1 tsp cornflour
- 1 tbsp rapeseed oil
- 1 garlic clove, crushed
- 2 1/2cm piece ginger, finely grated
- 1 red onion, thinly sliced
- 1 red chilli, deseeded and finely chopped
- 1 red pepper, thinly sliced
- 1 tsp toasted sesame oil
- 1-2 spring onions, finely sliced, to serve

For the sweet & sour sauce

- 1 tbsp cornflour
- 100ml vegetable stock
- 1 tbsp light soy sauce
- 1 tbsp ketchup
- 2 tbsp clear rice vinegar
- 2 tbsp golden syrup

1 For the sauce, put the cornflour in a jug and gradually whisk in 50ml of the juice reserved from the pineapple can. Whisk in all the remaining ingredients for the sauce and set aside.

2 In a bowl, combine the five-spice powder, white pepper, 1 tbsp of the rice wine and soy sauce. Add the prawns and toss to coat, then set aside to marinate for 5 mins. Remove the prawns from the marinade and dust with the cornflour.

3 Heat a wok over high heat until shimmering, then drizzle in the oil. Swirl the oil, then add the garlic, ginger, onion and chilli. Stir-fry for 5-10 seconds, until the onion starts to caramelise. Add the prawns and let them sear on one side for 5 seconds before you stir. Deglaze with the remaining rice wine and toss the prawns, stirring for 1 min. Scatter in the peppers and toss, then mix in the drained pineapple chunks. Pour over the sweet & sour sauce and bring to the bubble. Cook until the sauce has deepened in colour, reducing for 2-3 mins, and the prawns and vegetables are tender and cooked through. Season with the sesame oil and a pinch of white pepper. Transfer to a serving plate and sprinkle over the spring onions to serve.

GOOD TO KNOW low fat • vit c • 1 of 5-a-day
PER SERVING (6) 141 kcals • fat 3g • saturates 0.3g • carbs 21g • sugars 16g • fibre 1g • protein 7g • salt 1.91g

tip

Ching reveals the art of 'wok hei' to help you achieve the best results with these recipes on page 108.

Shanghainese quick-braise Hong Sao-style Lion's Head meatballs

Not traditionally a Lunar New Year food, but the roundness of the meatballs can be symbolic for a 'well-rounded' year. The reddish Hong Sao (red-braised Chinese sauce) oozes the lucky red symbolism. My grandmother used to say that eating Lion's Head meatballs will make us as strong as lions, a personal family favourite saying. The traditional Shanghainese meatballs are quite large, as big as a fist, but you can make smaller ones, if you like. You can also pre-cook and freeze the meatballs, just give them a quick braise in the red sauce before serving.

SERVES 4-6 **PREP** 15 mins
COOK 15 mins **EASY**

For the meatballs

500g minced pork (60% lean, 40% pork belly)
4 garlic cloves, finely chopped
2 tbsp ginger, grated
2 spring onions, finely chopped
pinch of ground white pepper
50ml Shaoxing rice wine or dry sherry
1 tbsp dark soy sauce
2 tbsp light soy sauce
1 tbsp toasted sesame oil
1 egg, beaten
4 tbsp cornflour
100ml rapeseed oil

For the red braising sauce

2½cm piece ginger, cut into coins
500ml vegetable stock
2 tbsp dark soy sauce
3 tbsp light soy sauce
3 tbsp caster sugar
1 star anise
1 cinnamon stick

To serve

steamed long-stem broccoli

1 Put all the ingredients for the meatballs, except the oil, into a large bowl with ½ tsp salt and stir to combine well. Divide the mixture into 6, then using slightly wet hands, roll each piece into a round ball. Set on a plate.

2 Pour the rapeseed oil into a large wok or pan and heat over medium-high heat. Carefully add the meatballs into the oil and brown all over until golden, carefully turning throughout. Cook for 5-7 mins (they do not need to be cooked through at this point). Lift the meatballs out and set aside.

3 Pour the oil into a heatproof jug, leaving 1 tbsp in the pan. Return the pan to the heat and add the ginger coins. Stir-fry until brown at the edges, using a spoon to scrape any flavour from the bottom of the pan. Pour in the stock, both soy sauces, sugar, star anise and cinnamon stick along with 100ml water. Cook on medium heat for 15 mins, reducing the liquid by about half.

3 Add the meatballs to the sauce and cook, covered, for a further 5-8 mins. Gently coat the meatballs in the sauce, ensuring they are well coated but do not fall apart. Transfer the meatballs to a platter and pour over the sauce (you can leave the star anise and cinnamon on the plate as a garnish). Serve with steamed long-stem broccoli.

PER SERVING (6) 392 kcals • fat 24g • saturates 5g • carbs 24g • sugars 14g • fibre 1g • protein 19g • salt 3.62g

Shoot director FREDDIE STEWART | Food stylist TROY WILLIS | Stylist WEI TANG

Fa cai, p40

Golden egg & onion fried rice, p40

Seasonal 'wealth greens' ('Fa cai')

'Cai' is the Mandarin word for 'vegetables' but it is also a homonym for 'prosperity' used in the popular Lunar New Year greeting 'Gong Xi Fa Cai' – 'Congratulations on your wealth!' I'm using red chard, sustainable, full of nutrients, the lucky red tinge another running theme in my menu.

SERVES 2 as a side **PREP** 5 mins
COOK 5 mins **EASY** **V**

2 tsp cornflour
1 tbsp rapeseed oil
2 garlic cloves, finely chopped
2 ½cm piece ginger, finely shredded into matchsticks
1 red chilli, deseeded and finely chopped
500g red chard, sliced into 5cm pieces
1 tbsp Shaoxing rice wine
1 tbsp light soy sauce
1 tsp toasted sesame oil

1 Mix the cornflour with 1 tbsp water and set aside. Heat a wok or pan over high heat until shimmering, then pour in the oil and give it a swirl. Season, then stir in the garlic, ginger and chilli. Add the chard and toss. Pour in the rice wine and cook, stirring, for less than 1 min. Pour in the soy sauce and the cornflour slurry and stir, then take off the heat and drizzle over the sesame oil. Serve immediately.

GOOD TO KNOW low fat • folate • vit c • iron • 1 of 5-a-day
PER SERVING 148 kcals • fat 8g • saturates 1g • carbs 14g • sugars 3g • fibre 0.4g • protein 5g • salt 2.60g

Golden egg & onion fried rice

The golden colour of the scrambled egg and wok-charred onion is said to bring wealth for the new year. For a simple yet punchy addition, drizzle crispy chilli oil on top. This is a great dish to serve with the rest of the feast.

SERVES 2 as a side **PREP** 5 mins
COOK 5 mins **EASY** **V**

300g cooked long-grain rice
2 tbsp toasted sesame oil
1 red chilli, deseeded and finely chopped
3 tbsp light soy sauce
2 tbsp rapeseed oil
3 eggs, beaten
1 small onion, roughly chopped
½ tsp dark soy sauce
pinch of ground white pepper
1 spring onion, finely sliced
1 tsp crispy chilli oil, to serve (optional)

1 Tip the cooked rice into a bowl and stir through 1 tbsp of the sesame oil. Put the chilli in a small bowl and stir through 2 tbsp of the light soy sauce.

2 Heat a wok over high heat and add half the rapeseed oil. Add a pinch of salt then pour in the eggs, stirring quickly to scramble for around 30 secs. Remove using a slotted spoon and set aside.

3 Return the wok to the heat and add the remaining rapeseed oil, heat it for 20 secs. Add the onion and stir constantly for just less than a minute until golden. Mix in the rice until it has broken down. Season with dark soy sauce and toss well. Add the scrambled egg pieces back into the wok and stir through. Pour in the remaining light soy sauce, sesame oil and the white pepper. Sprinkle over the spring onions. To serve, garnish with the dressed red chilli and crispy chilli oil, if you like.

PER SERVING 541 kcals • fat 30g • saturates 5g • carbs 52g • sugars 5g • fibre 1g • protein 15g • salt 3.25g

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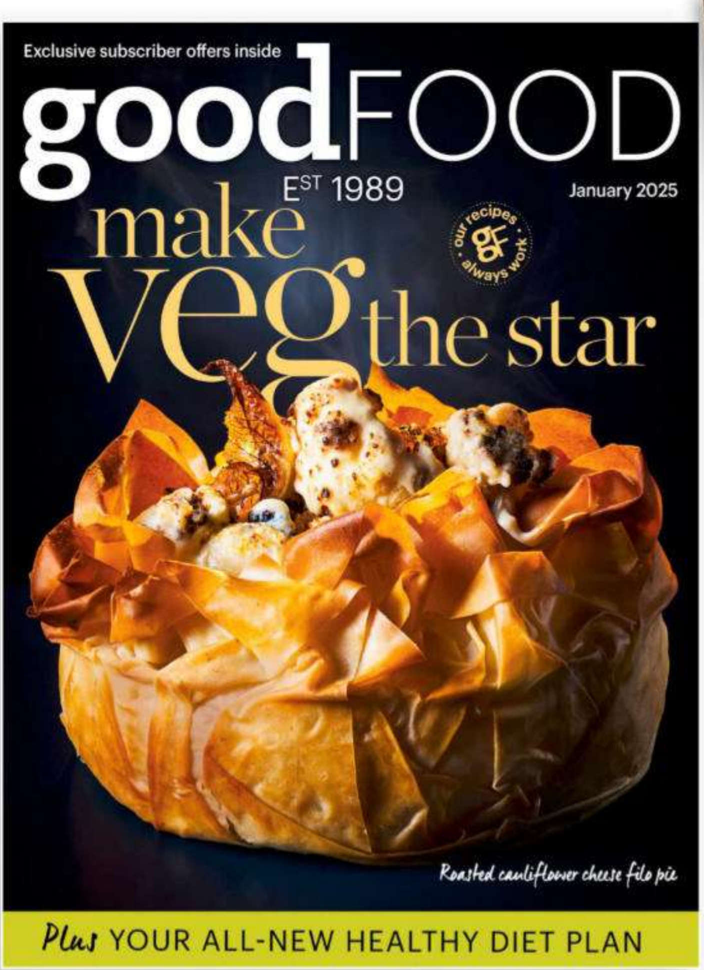
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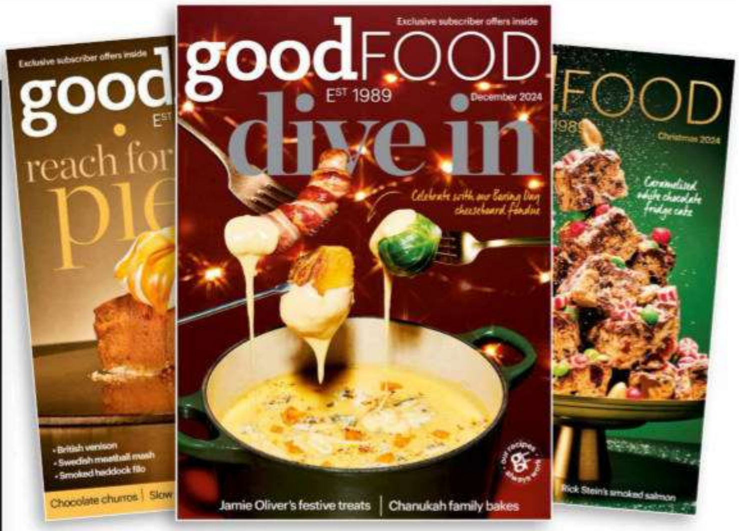
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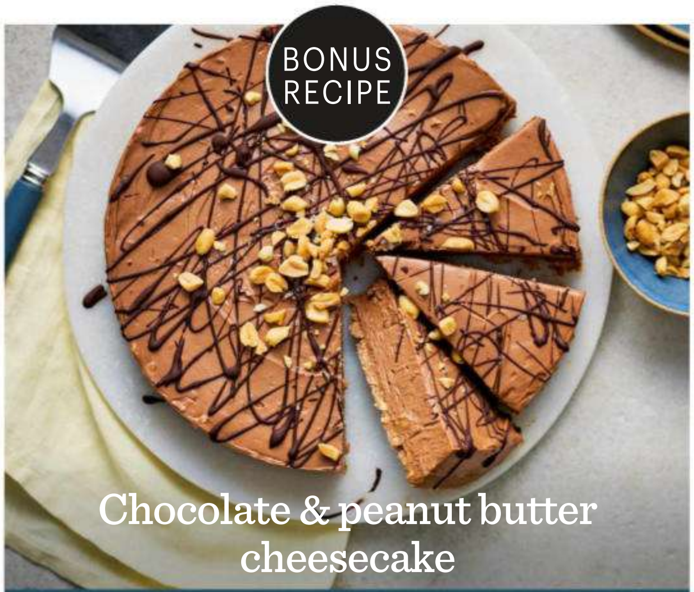


Chocolate & peanut butter cheesecake

The classic combo of chocolate and peanut butter is even better in a cheesecake. It's a great dinner party dessert, because you can get everything ready the night before and enjoy your guests' company on the night. Samuel Goldsmith

SERVES 10-12 **PREP** 45 mins plus 6 hrs chilling
NO COOK EASY V

- 50g unsalted butter, plus extra for the tin
- 175g chocolate digestive biscuits
- 1 tbsp smooth peanut butter

For the filling

- 150g dark chocolate, broken up, plus 50g to decorate (optional)
- 150ml double cream
- 300g full-fat soft cheese
- 100g caster sugar
- 4 tbsp crunchy or smooth peanut butter
- chopped peanuts or peanut brittle, to serve (optional)

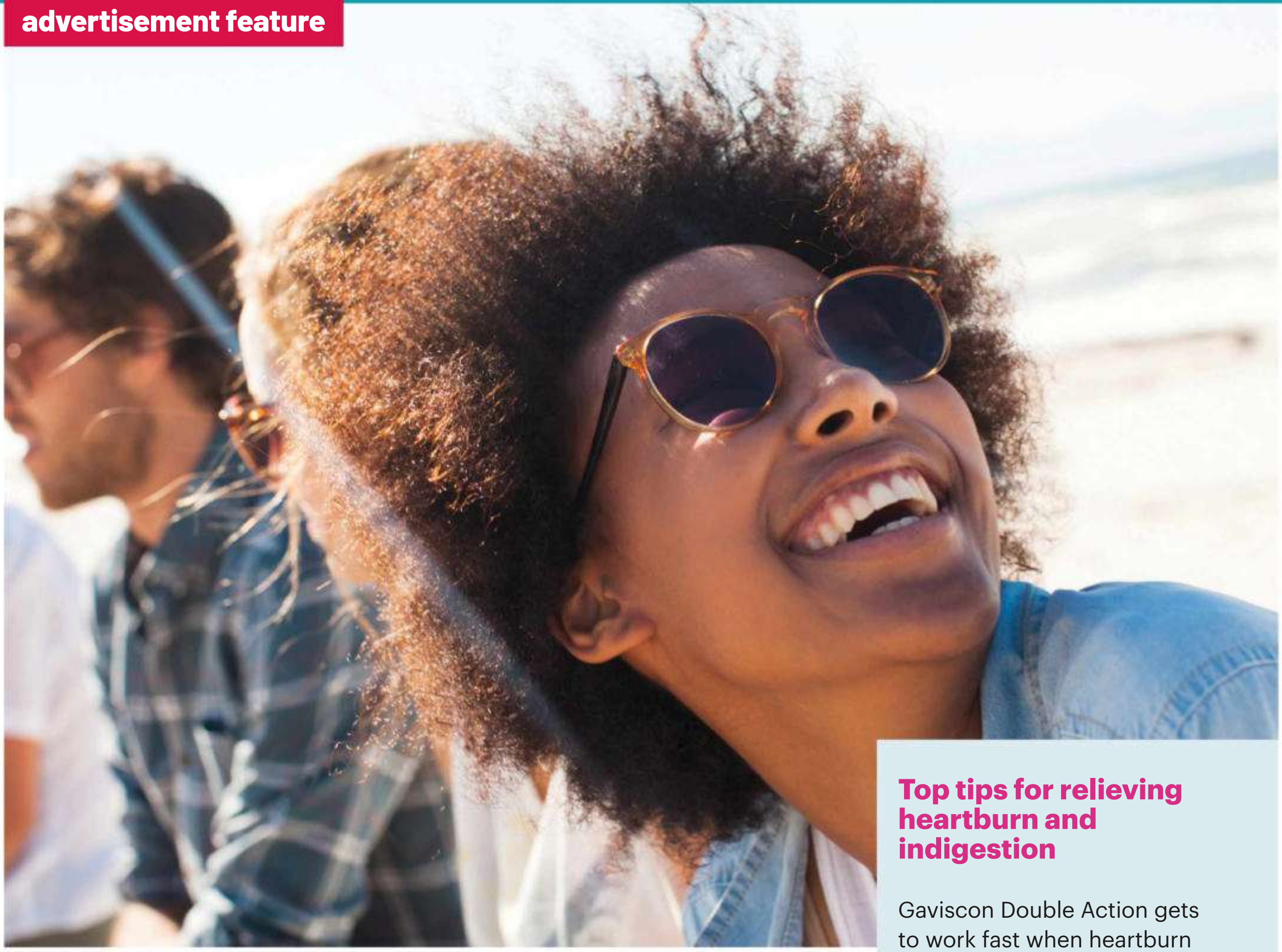
1 Butter the base of a deep 20cm springform cake tin and line with baking parchment. Blitz the digestives to crumbs in a food processor, then tip into a bowl. Melt the butter and peanut butter together in a small saucepan over a medium-low heat, then pour this over the biscuit crumbs and stir to combine. Tip the mixture into the tin and press into an even layer using a spoon. Chill until needed.

2 For the cheesecake filling, melt the 150g chocolate in a heatproof bowl over a pan of simmering water, ensuring the bowl doesn't touch the water. Or, melt in the microwave in short bursts. Set aside. Beat the cream to soft peaks using an electric whisk. Set aside. Beat the soft cheese and sugar together until the sugar has dissolved, then fold in the peanut butter, followed by the whipped cream. Fold in the melted chocolate, then tip into the tin and gently level the surface using a spoon.

3 Chill the cheesecake for at least 6 hrs, or overnight. Melt the 50g dark chocolate as before, if using. Remove the cheesecake from the tin, drizzle over the melted chocolate and top with the chopped peanuts or peanut brittle.

PER SERVING (12) 371 kcals • fat 28g • saturates 16g • carbs 24g • sugars 18g • fibre 2g • protein 5g • salt 0.4g

Recipe taken from the January 2024 subscriber edition of Good Food advertisement feature



A fresh *start*

If heartburn is stopping you from living in the moment, help is at hand with **Gaviscon Double Action**

The new year is finally here, and you're probably already looking forward to making even more memories with the people you love. But if you suffer from heartburn or indigestion, relishing the good times isn't always quite so easy. That's where Gaviscon Double Action can help...

What are the causes and symptoms?

The main symptom of heartburn is usually a burning sensation in the middle of your chest, caused by stomach acid travelling up towards the throat. It most often occurs after eating or drinking, and it's usually worse when lying down or bending over, as these positions make it easier for the acid to travel back up.

Indigestion also occurs after eating or drinking, but it's often caused by acid from your stomach irritating your stomach lining or throat. Symptoms typically include heartburn, stomach discomfort, feeling sick or bringing up food after eating.

How can Gaviscon Double Action help?

Available in liquid, tablet and sachet form, Gaviscon Double Action offers dual relief. Not only does it neutralise excess stomach acid, but it also creates a protective barrier over the stomach contents, helping to prevent acid reflux (when acid escapes back up the oesophagus and causes heartburn).

Plus, Gaviscon Double Action gets to work instantly and can last up to twice as long as antacids*. So, you can spend less time worrying about heartburn and indigestion this year, and more time living in the moment.

For more information on how Gaviscon Double Action can help you, visit gaviscon.co.uk

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Top tips for relieving heartburn and indigestion

Gaviscon Double Action gets to work fast when heartburn and indigestion strike – but maintaining a healthy lifestyle can also help alleviate symptoms. Reducing these common contributors is always a good place to start:

Late night snacking

Lying down after you've eaten can lead to acid reflux, so try to eat at least four hours before bed. You can also prop your head and shoulders up while you sleep to help stop the stomach acid from travelling back up.

Stress and anxiety

Both of these contribute to heartburn and indigestion, as they can impact your digestive system.

Alcohol, caffeine and smoking

These are all potential triggers, as they can relax the lower oesophageal sphincter (the muscles that protect the oesophagus from stomach acid), increasing the likelihood of acid reflux.

*For verification, please contact PO Box 4044, Slough SL1 ONS. Gaviscon Double Action Chewable Tablets. Gaviscon Double Action Oral Suspension. Gaviscon Double Action Liquid Sachets. For heartburn and indigestion. Always read the label. RKT-M-06357

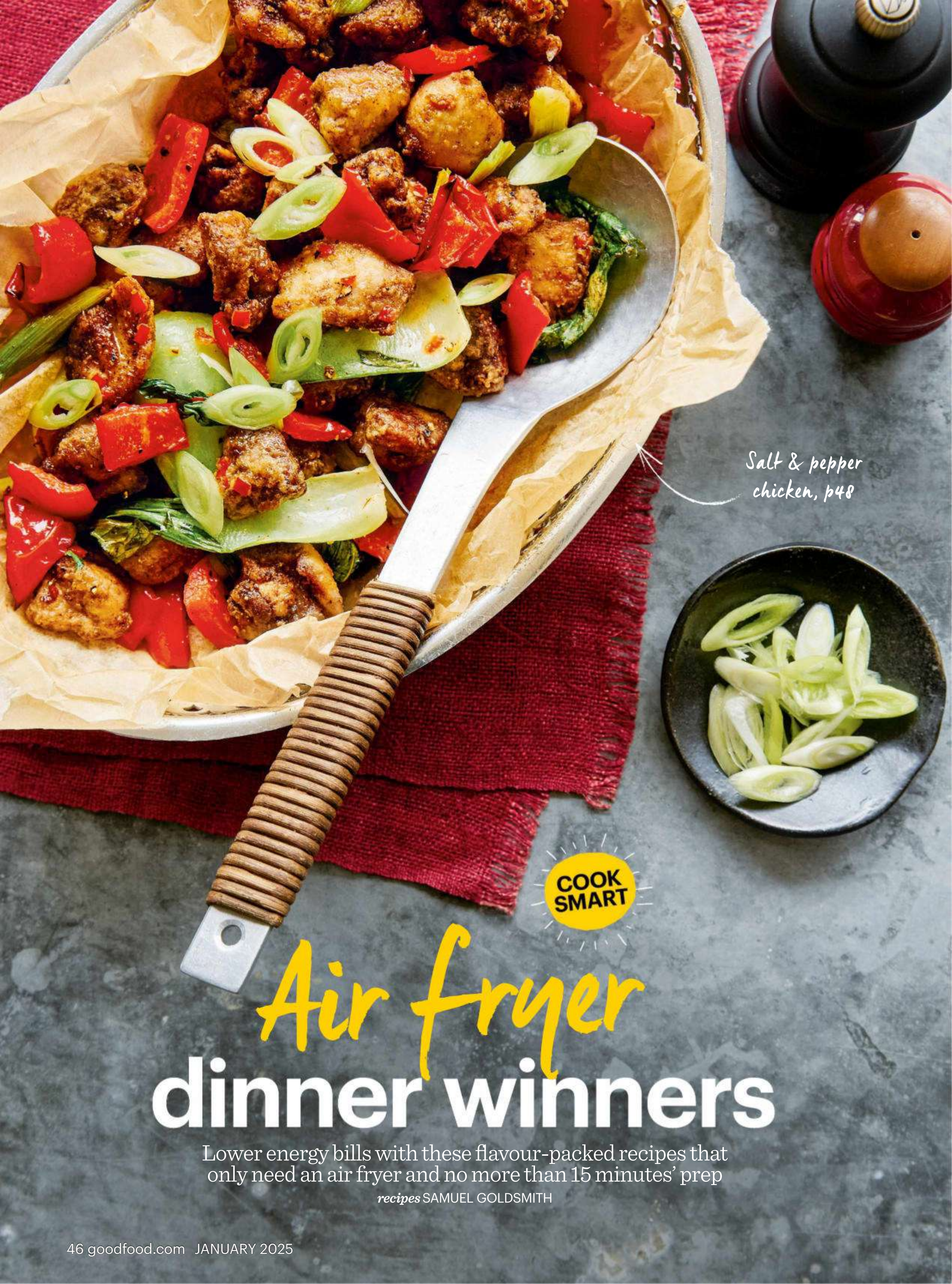
Wonky veg
Leek & kale hash with sage fried eggs **p52**

Cook smart

Spend less and make more of what you've got in the fridge and storecupboard

Air fryer
Harissa sausage & veg traybake **p47**

Dinner today, lunch tomorrow
Creamy garlic chicken & polenta **p54**



Salt & pepper chicken, p48

COOK SMART

Air fryer dinner winners

Lower energy bills with these flavour-packed recipes that only need an air fryer and no more than 15 minutes' prep

recipes SAMUEL GOLDSMITH

Harissa sausage & veg traybake

SERVES 2 **PREP** 15 mins
COOK 45 mins **EASY**

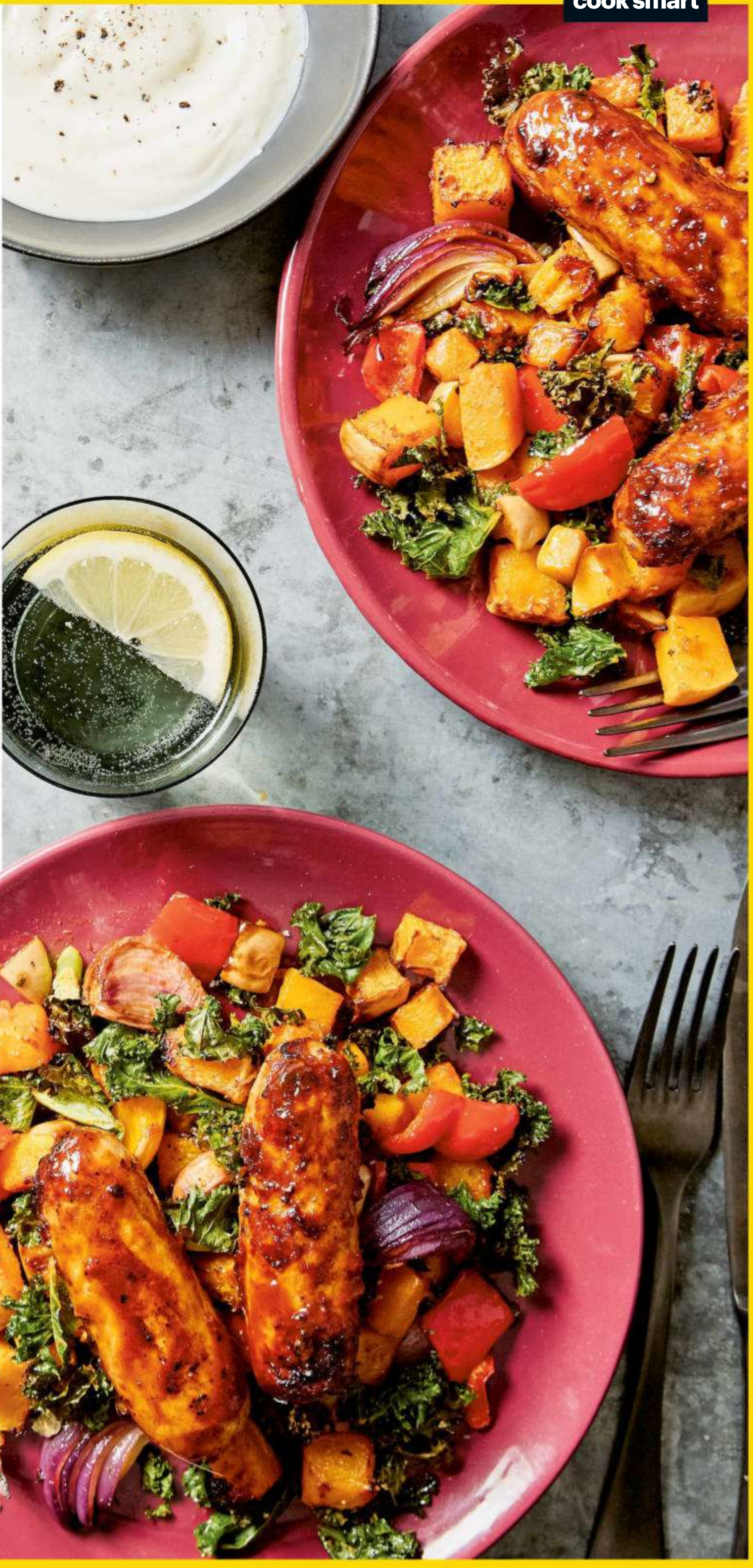
1 small butternut squash, roughly chopped (no need to peel)
1½ tbsp rapeseed oil
1 red pepper, roughly chopped
1 red onion, cut into 8 wedges
4 garlic cloves, lightly bashed
4-6 sausages
2-3 tbsp harissa, to taste
1 lemon, juiced
100g dark green leaves (such as kale or cavolo nero), roughly sliced
natural yogurt, to serve (optional)

1 Heat the air fryer to 200C. Tip the squash into a bowl and toss in 1 tbsp oil and a good pinch of salt and pepper. Tip into the air fryer basket and cook for 10 mins.

2 Drizzle the remaining oil into the bowl you used previously and toss in the red peppers, onions and garlic. Tip into the air fryer basket and give everything a shake before cooking for a further 15 mins.

3 Put the sausages, harissa and lemon juice into the bowl and mix together. Add this to the air fryer basket, toss everything together and cook for 15 mins. Mix in the leaves and cook for another 5 mins. Serve with natural yogurt, if you like.

GOOD TO KNOW calcium • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 574 kcals • fat 37g • saturates 10g • carbs 32g • sugars 16g • fibre 11g • protein 23g • salt 2.2g



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Salt & pepper chicken

SERVES 4 **PREP** 15 mins
COOK 32 mins **EASY**

- 400g boneless, skinless chicken thighs, roughly chopped
- 1½ tsp cornflour
- ¾ tsp Szechuan pepper, crushed (or use black pepper)
- 1 tsp Chinese five-spice powder
- 1 red chilli, finely chopped
- 2 red peppers, roughly chopped
- 6 spring onions, 4 roughly chopped, 2 sliced on the diagonal
- 1½ tsp olive oil
- 2 pak choi, leaves separated
- ½ tbsp honey
- 1 tbsp Shaohsing rice wine
- cooked rice and soy sauce, to serve

1 Heat the air fryer to 200C. Combine the chicken with the cornflour, ¾ tsp salt, the Szechuan pepper and five-spice powder. Tip into the air fryer basket and cook for 15 mins until cooked through. Tip onto a plate and set aside.

2 Tip the chilli, peppers and roughly chopped spring onions into a bowl and toss with the olive oil, then tip into the air fryer basket and cook for 10 mins. Add the pak choi leaves and cook for a further 5 mins. Scoop everything from the air fryer into a bowl along with the chicken, honey and rice wine. Stir together, then return it all to the air fryer and cook for 2 mins. Scatter over the remaining spring onions and serve with the cooked rice and soy sauce.

GOOD TO KNOW folate • vit c • 2 of 5-a-day • gluten-free

PER SERVING 206 kcals • fat 10g • saturates 2g • carbs 9g • sugars 7g • fibre 3g • protein 20g • salt 1.2g

tip

Try this chicken with a side of greens: **Simple stir-fried pak choi** Heat a **drizzle of groundnut oil** in a wok over a high heat. Add **1 tbsp sesame oil, 1 crushed garlic clove**, a **pinch of chilli flakes**, a **splash of fish sauce** and **250g pak choi leaves.** Toss to coat, then cover and cook for 3-6 mins on low-medium heat, tossing occasionally, until the leaves wilt.

Air fryer veggie curry

For this you need a heatproof tin that fits inside your air fryer and is big enough to hold all of the ingredients. A deep cake tin is fine as long as it doesn't have a loose bottom. Or, remove the tray in the base of the air fryer and cook directly in the drawer (do check the manual to ensure your model allows for this).

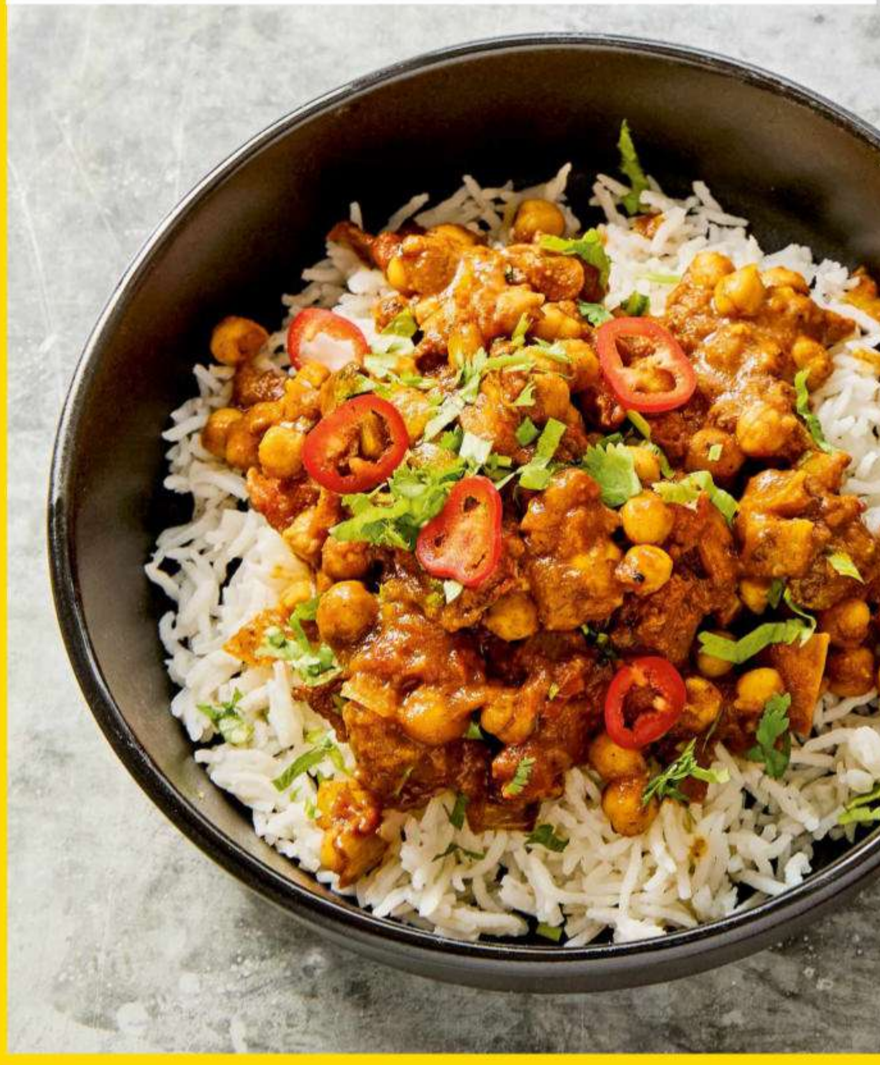
SERVES 4 **PREP** 10 mins
COOK 40 mins **EASY** **V**

400g sweet potatoes (around 2 medium), roughly chopped
1 tsp vegetable or sunflower oil
1 onion, chopped
thumb-sized piece of ginger, finely grated
2 garlic cloves, crushed or finely grated
2-3 tbsp curry paste
400g can chickpeas, drained
400g can chopped tomatoes
cooked rice, chopped coriander and 1 red chilli, finely sliced (optional), to serve

1 Heat the air fryer to 200C. Toss the sweet potato in the oil and cook in the air fryer for 15 mins or until almost softened. Mix in the onion and cook for a further 5 mins or until the onion has softened and is beginning to brown a little.

2 Tip the sweet potato and onion mix into a heatproof tin. Stir in the ginger and garlic, and cook in the air fryer for 2 mins before stirring in the curry paste and chickpeas. Cook for a further 4-5 mins until sizzling. Stir in the chopped tomatoes and cook for another 8-12 mins until all the veg is tender and the sauce has thickened. If it's too thick for your liking, you can loosen with a little water. Serve with rice, a scattering of coriander and sliced red chilli, if you like.

GOOD TO KNOW vegan • healthy • low fat • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 237 kcals • fat 5g • saturates 0.4g • carbs 37g • sugars 12g • fibre 9g • protein 8g • salt 0.4g



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By Katie Meston • January 2, 2024 • 1 min read

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recipes AILSA BURT *photographs* MAJA SMEND

Leek & kale hash with sage fried eggs

The green top of the leeks is often discarded, but it's all edible – the tops just require a little more cooking time. Trim off the ends and peel down the layers (as you would a banana), then wash well to remove any dirt, and finely slice.

SERVES 4 **PREP** 15 mins
COOK 45 mins **EASY** **V**

- 800g Maris Piper potatoes, cut into large chunks
- 4 tbsp olive oil
- 25g butter
- 2 leeks, finely sliced
- 75g kale, thick stalks finely chopped, leaves torn
- 1 sage sprig
- 3 garlic cloves, finely sliced
- grated parmesan or vegetarian alternative, to serve (optional)

For the eggs

- 2 tbsp olive oil
- 10 sage leaves
- 4 eggs

1 Tip the potatoes into a large pan of cold salted water, then bring to the boil and cook for 6-8 mins until just tender. Drain well and leave to steam-dry for 10 mins.

2 Meanwhile, heat half the oil and all the butter in a large frying pan over a medium heat and fry the leeks, kale stalks and sage sprig for 10-12 mins until softened to the point of falling apart. Stir in the garlic and cook for 3 mins more before mixing in the kale leaves. Cook for another 5 mins until the leaves have reduced in volume and turned dark green. Scrape the mixture into a bowl and set aside.

3 Heat the remaining oil in the frying pan over a high heat and tip in the boiled potatoes, stirring to coat in the oil. Fry for 15-20 mins until golden and crispy. Return the leek mixture to the pan and stir to combine. Season to taste and divide the hash between plates.

4 Meanwhile, cook the eggs. Heat the oil in a separate pan over a medium-high heat and fry the sage leaves for 1-2 mins until darkened and crispy. Remove to a plate lined with a sheet of kitchen paper to drain. Return the pan to the heat and crack in the eggs. Fry, basting occasionally in the sage oil, until crispy at the edges, about 2-3 mins. Top each plate of hash with a crispy fried egg, and scatter over the fried sage leaves. Garnish with a little grated cheese, if you like, and season with black pepper to serve.

GOOD TO KNOW vit c • gluten free
PER SERVING 431 kcals • fat 26g • saturates 7g • carbs 32g • sugars 3g • fibre 5g • protein 14g • salt 0.4g

gf tip

Cut down on food waste by using the often discarded veg peel and stalks. This hash offers a delicious way to do that.

3 more ideas

Kale chips

Roughly chop **100g kale** (including any stalks) and massage in **1 tbsp olive oil**, some seasoning and a large pinch of any other ground spices you like, such as **smoked paprika**. Spread out in an even layer over a large baking tray lined with baking parchment. Bake at 150C/130C fan/gas 2 for 18-22 mins until crisp but still green. Leave to cool on the tray, then serve.

Leek, walnut & goat's cheese pasta

Heat **2 tbsp olive oil** in a pan over a medium heat and cook **1 thinly sliced leek** and a **handful of roughly chopped walnuts** for 12-15 mins until the leeks have softened. Season and stir in **2 crushed garlic cloves** and a **pinch of chilli flakes**, if you like. Cook for another 2 mins. Mix in **200g cooked pasta**, **100g soft goat's cheese** and a splash of the pasta cooking water, then stir well until the mixture has combined. Season to taste.

Leek & butter bean soup

Heat **30g butter** and **2 tbsp olive oil** in a flameproof casserole dish over a medium heat and fry **2 large sliced leeks** for 15 mins. Mix in **1 crushed garlic clove** and cook for a further minute. Tip in **2 x 400g cans butter beans**, drained and rinsed, and **800ml chicken or vegetable stock**. Simmer for 10 mins, then blitz until smooth using a hand blender. Stir in **4 tbsp crème fraîche**. Season to taste, and serve topped with **crispy chorizo**, if you like.

Shoot director FREDDIE STEWART | Food stylist TROY WILLIS | Stylist WEI TANG

Dinner today
Lunch tomorrow

Make two meals in one – whip up our chicken dinner, then reinvent the leftovers in a soup, salad or noodles

recipes AILSA BURT *photographs* HANNAH TAYLOR-EDDINGTON

Creamy garlic chicken & polenta

For a comforting, thrifty dish, chicken legs offer great value and make excellent leftovers.

SERVES 4 (with leftovers for lunch)
PREP 20 mins **COOK** 1 hr 10 mins
EASY

- 2 tbsp olive oil
- 6 chicken legs, around 2kg
- 1 onion, finely chopped
- 3 anchovy fillets, roughly chopped
- 6 garlic cloves, skin removed and lightly bashed
- 3 rosemary sprigs
- small handful of thyme
- 500ml chicken stock
- 3 tbsp crème fraîche
- 25g butter
- small handful of parsley, finely chopped
- steamed greens, to serve (optional)

For the polenta

- 1.25 litres of chicken stock
- 350g quick cook polenta
- 50g parmesan, grated

1 Heat the oil in a wide flameproof casserole dish or frying pan and add the chicken legs, in batches if needed, and brown on one side for 10 mins, then turn over and brown for a further 10 mins. Transfer the chicken to a plate. Stir the onion, anchovies, garlic, rosemary and thyme into the pan.

2 Reduce the heat to medium and cook for 10 mins with a pinch of salt. Once the onions have softened, pour in the chicken stock and return the legs to the pan. Bring to the boil, then reduce to a low heat. Cover and cook for 35-40 mins until the chicken is cooked through. Remove the legs to a plate and discard the garlic, rosemary and thyme. Stir in the crème fraîche, butter and most of the parsley, then season to taste.

3 When the chicken has 5 mins left, to make the polenta, tip the chicken stock into a saucepan and bring to the boil. Whisk in the polenta and cook for 5 mins, until thickened and bubbling. Remove from the heat, stir in the parmesan and season to taste. Serve the chicken on top of the polenta with a spoonful of sauce and scatter over the remaining parsley. Serve with steamed greens, if you like.

PER SERVING 528 kcals • fat 33g • saturates 13g • carbs 18g • sugars 3g • fibre 4g • protein 38g • salt 4.46g

gf tip

If you want to make all the lunch recipes overleaf, cook 2 legs for each of those recipes.

Shoot director FREDDIE STEWART | Food stylist LIBBY SILBERMANN | Stylist TAMSIN WESTON

Quick & spicy chicken noodles

SERVES 2 **PREP** 10 mins
COOK 15 mins **EASY**

- 2 leftover chicken legs
- 200g dried pappardelle or flat Taiwanese noodles
- 4 garlic cloves, crushed
- 2 spring onions, white and green parts separated and finely sliced
- 1-1½ tsp chilli flakes, to taste
- 1 tbsp soy sauce
- 1 tsp dark soy sauce
- 1 tsp balsamic vinegar
- ½ tsp golden caster sugar
- 2 tbsp rapeseed oil

1 Remove the skin from the chicken and set aside. Cook the pasta or noodles following pack instructions, tearing in the chicken leg meat for the final 3 mins. Drain thoroughly and set aside. Mix the garlic, spring onion whites, chilli flakes, both soy sauces, the vinegar and caster sugar in a large heatproof bowl.

2 Put the chicken skin in a pan and sizzle over a medium-high heat for 3-4 mins, until crispy, then turn and, using the back of a fish slice, press down and cook for 2-4 mins more until crispy. Set aside on a plate lined with kitchen paper, then leave to cool slightly and crumble into pieces.

3 Set the pan of chicken fat over a medium-high heat and drizzle in the oil. Heat over a medium-high for 3-4 mins, until almost smoking. Remove from the heat and pour over the garlic and spring onion mixture, stirring well. Mix in the noodles and chicken, divide between bowls and sprinkle over the crispy chicken skin and spring onion greens.

PER SERVING 710 kcals • fat 25g • saturates 4g • carbs 82g • sugars 6g • fibre 6g • protein 36g • salt 1.59g

Chicken & beetroot lentil salad

This keeps well and won't go soggy – ideal for lunchboxes.

SERVES 2 **PREP** 15 mins
NO COOK **EASY**

1 tsp honey
1 tbsp Dijon mustard
2 tbsp white wine vinegar
3 tbsp olive oil
250g pouch cooked puy lentils
½ small savoy cabbage, finely sliced
2 leftover chicken legs, skin removed and meat shredded
small handful mixture of soft herbs (we used parsley and dill)
75g goat's cheese, crumbled
3 cooked beetroot, sliced
50g pomegranate seeds

In a large bowl, combine the honey, mustard, vinegar and oil. Season, then mix in the lentils, cabbage, chicken and herbs. Divide between bowls, then scatter over the goat's cheese, beetroot and pomegranate.

GOOD TO KNOW folate • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 723 kcals • fat 37g • saturates 12g • carbs 40g • sugars 17g • fibre 15g • protein 49g • salt 1.9g

Creamy chicken & rice soup

SERVES 2-4 **PREP** 15 mins
COOK 30 mins **EASY**

2 tbsp olive oil
1 onion, finely chopped
2 garlic cloves, finely chopped
800ml chicken stock
2 chicken legs, skin removed and meat shredded
400g can cannellini beans
250g microwave rice
50g leafy greens, roughly chopped
½ lemon, zested

1 Heat the oil in a saucepan over a medium heat. Stir in the onion with a generous pinch of salt and cook for 8-10 mins until beginning to soften. Mix in the garlic and cook for 2 mins.

2 Pour in the stock, shredded chicken, cannellini beans and their water, and the rice. Cook for 10 mins then, using a potato masher, roughly mash until it's still chunky but some of the beans and rice have broken up to thicken the soup. Stir in the greens and cook for 5 mins. Season, scatter over the lemon zest to serve.

GOOD TO KNOW low cal • fibre • 1 of 5-a-day
PER SERVING (4) 335 kcals • fat 11g • saturates 2g • carbs 31g • sugars 3g • fibre 6g • protein 23g • salt 1.3g

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kick-start your year

Dr Chintal Patel shares wholesome and delicious dinners to keep you feeling good across seven days and all of 2025

photographs CHRIS TERRY

Welcome to a brand-new iteration of our bi-annual Healthy Diet Plan to help you start 2025 the right way. As always, our nutrition and cookery experts have devised a week-long plan of quick and simple recipes using fresh, everyday ingredients. But this time we're also proud to have the expert guidance of NHS GP and award-winning recipe creator, Dr Chintal Patel.

Dr Chintal has created seven-days' worth of bright and colourful evening meals to help you reach 30 plant points a week. The rest of the plan has been developed by our cookery team and curated by our expert nutritionist Kerry Torrens to ensure your meals are perfectly balanced each day, all week long. And it's not just for January – you can use the plan at any time of year.

You can use the table opposite as a day-by-day guide to meet your goals, whether that's simply to ensure a more balanced and nourishing diet, or to support steady weight loss while still meeting all your body's nutritional needs – and all without sacrificing flavour. The plan is calculated to a modest calorie shortfall that will support steady weight loss, or if weight loss isn't one of your goals, add a snack or sweet treat from our healthy collection at *goodfood.com/hdp-snacks*.

The plan serves two and is approved by our nutritionist to ensure you're supported each day to feel good, and we've also thought about ways you can spend less time shopping and cooking in the kitchen.

Plus, you can find even more healthy eating content from Dr Chintal on the Good Food app, including a full shopping list, recipe cookalongs, app-only recipes and even more meal plans.

Chintal is a long-serving GP for the NHS as well as a food content creator, cookbook author and our newest regular contributor. She has a passion for nutrition and lifestyle medicine and aims to help people approach cooking and eating in a way that supports overall well-being. *@drchintalskitchen*

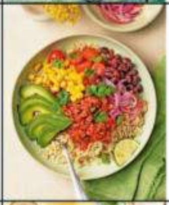
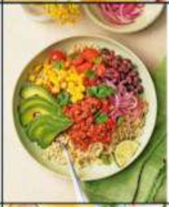
> This perfectly balanced plan will help you hit all your goals for the week. I've written seven new evening meals that you can whip up in in no time at all and don't compromise on taste. Combined with balanced breakfast and lunch options from the Good Food team, you'll enjoy quick, easy and nutritious meals packed with flavour. The plan has been written for two people but simply double-up for a family of four

Dr Chintal

DISCOVER MORE WITH THE GOOD FOOD APP

Scan the QR code and download our app to access extra features to support your goals, including a full shopping list for the recipes in this plan, cookalongs, exclusive recipes and videos.

your 7-day meal plan

	BREAKFAST	LUNCH	DINNER
SUNDAY	Sweetcorn fritters with eggs & black bean salsa, p63	Lentil bolognese soup, p66	Green garlic chutney roast chicken with cumin-spiced vegetables, p69
MONDAY	Sweetcorn fritters with eggs & black bean salsa, p63	Lentil bolognese soup, p66	Super-green curry with quinoa rice, p70
TUESDAY	Raspberry kefir overnight oats, p64	 Spicy beef taco bowl, p67	One-pan smoky veggie lentil lasagne, p73
WEDNESDAY	Raspberry kefir overnight oats, p64	Vegan roast spiced squash salad with tahini dressing, p66	Harissa chicken with bulgar wheat, p72
THURSDAY	Clementine & vanilla porridge with citrus salsa, p62	 Spicy beef taco bowl, p67	Creamy Cajun prawn orzo, p73
FRIDAY	Clementine & vanilla porridge with citrus salsa, p62	Vegan roast spiced squash salad with tahini dressing, p66	Miso salmon & veg traybake, p69
SATURDAY	Cinnamon crêpes with nut butter, sliced banana & raspberries, p64	Winter salad, p65	One-pan coconut fish curry pie, p70

breakfast

Clementine & vanilla porridge with citrus salsa

Oats are well known for helping to reduce cholesterol, and they're also a good source of carbs and protein for post-exercise muscle recovery.

SERVES 4 **PREP** 10 mins plus overnight soaking **COOK** 5 mins
EASY **V**

- 4 clementines
- 2 tsp vanilla extract
- 140g porridge oats
- 1 grapefruit, peeled, deseeded and chopped (pare the zest and freeze for another recipe)
- small handful of mint leaves
- 2 tbsp sunflower seeds
- 6 walnut halves, broken
- 480g bio yogurt

1 Peel the clementines, then finely chop 1 tbsp of the peel. Put the peel in a large bowl with the vanilla, oats and 800ml water. Cover and set aside to soak overnight.

2 Chop the clementines, tip into a bowl and mix with the grapefruit and mint to make the salsa. Cover then keep chilled overnight.

3 The next morning, tip the oat mix into a pan and cook until bubbling and thick. Divide equally between bowls along with the salsa, seeds and nuts. *If just two of you are following the plan, tip half into a container and put in the fridge for the next day. Will keep chilled for two days.* Serve with yogurt on the side or pour into the bowls.

GOOD TO KNOW healthy • low fat • calcium • folate • vit c • 1 of 5-a-day

PER SERVING 335 kcals • fat 10g • saturates 3g • carbs 44g • sugars 19g • fibre 5g • protein 13g • salt 0.2g

Sweetcorn fritters with eggs & black bean salsa

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY** V

1 tsp rapeseed oil
1 small red onion, finely chopped
1 red pepper, deseeded and finely diced
100g wholemeal self-raising flour
1 tsp smoked paprika
1 tsp ground coriander
1 tsp baking powder
325g can sweetcorn, drained
6 eggs

For the salsa

1 small red onion, finely chopped
4 tomatoes (320g), chopped
2 x 400g can black beans, drained
1 lime, zested and juiced
15g coriander leaves, chopped

1 Heat the oven to 200C/180C fan/gas 6 and line a large baking tray with baking parchment. Heat the oil in a small pan and fry the onion and pepper for 5 mins until softened. Meanwhile, mix the flour, spices and baking powder in a bowl. Add the cooked onions and pepper, the sweetcorn and 2 of the eggs, then mix well.

2 Spoon eight mounds of the mixture onto the baking tray, well spaced apart, then flatten slightly with the back of the spoon. Bake for 20 mins until set and golden. *If just two of you are following the plan, leave half of the fritters to cool, then put in the fridge for the next day. Will keep chilled for up to two days. Reheat in a pan or the microwave.*

3 Mix the salsa ingredients in a bowl. *Will keep chilled overnight – save half to serve with the remaining fritters.* Just before serving, poach the remaining eggs to serve alongside. Serve two fritters per person with some salsa on top and one poached egg each. Grind over some black pepper, if you like.

GOOD TO KNOW healthy • low fat • folate • fibre • 4 of 5-a-day

PER SERVING 437 kcals • fat 12g • saturates 3g • carbs 46g • sugars 12g • fibre 16g • protein 27g • salt 0.9g

Raspberry kefir overnight oats

Wake up to this gut-friendly, probiotic-rich breakfast pot. Prep in just 10 minutes the night before, and top with a layer of berries, dark chocolate and seeds, stirring it in as you eat it.

SERVES 2 **PREP** 10 mins plus overnight chilling **NO COOK**
EASY V

85g jumbo oats
1 tbsp shelled hemp seeds, plus 2 tsp to serve
1 tbsp chia seeds
240g kefir yogurt
240ml semi-skimmed milk
125g pack raspberries (fresh or frozen depending on the season) lightly crushed
2 tsp pumpkin seeds, chopped
8g 70% cocoa chocolate, finely chopped

1 Tip the oats, 1 tbsp of the hemp seeds and the chia seeds into a bowl, then mix well. Stir in the kefir yogurt and milk. Cover and chill overnight. The mixture will thicken overnight as it soaks. *Will keep chilled for up to three days.*
2 The next morning, spoon into two glass tumblers and top with the raspberries, remaining hemp seeds, the pumpkin seeds and chopped chocolate.

GOOD TO KNOW healthy • calcium • vit c • fibre
PER SERVING 442 kcals • fat 17g • saturates 5g • carbs 48g • sugars 16g • fibre 9g • protein 20g • salt 0.3g

Cinnamon crêpes with nut butter, sliced banana & raspberries

SERVES 2 **PREP** 5 mins
COOK 10 mins **EASY V**

75g brown bread flour
1 tsp ground cinnamon
1 medium egg
225ml semi-skimmed milk
1 tsp rapeseed oil, for frying
2 tbsp almond nut butter
1 banana, sliced
140g raspberries (fresh or frozen depending on the season)
lemon wedges, to serve

1 Tip the flour into a large mixing bowl with the cinnamon. Add the egg and milk, and whisk vigorously to a smooth pouring consistency.
2 Put a non-stick frying pan over a medium heat and add a little of the oil. When the oil starts to heat, carefully wipe most of it away with kitchen paper. Pour a small amount of the batter into the centre of the pan and swirl it to make a thin pancake. Leave to cook, untouched, for about 2 mins. When browned underneath, carefully turn it over or flip and cook for another 1 min.
3 Transfer to a warm plate and cover with foil to keep warm. Repeat with the remaining batter. Divide the warm pancakes between two plates and serve with the nut butter, banana, raspberries and lemon wedges for squeezing over.

GOOD TO KNOW healthy • vit c • 1 of 5-a-day
PER SERVING 376 kcals • fat 16g • saturates 3g • carbs 46g • sugars 17g • fibre 5g • protein 14g • salt 0.3g

lunch

Winter salad

Make the most of cauliflower in this wonderful seasonal salad with a boost of protein from walnuts and beans.

SERVES 2 **PREP** 15 mins
COOK 30 mins **EASY** V

- 320g cauliflower, broken into florets
- 1 red pepper, sliced
- 1 tbsp rapeseed oil
- 1 red onion, thinly sliced
- 1 lemon, zested and juiced
- 15g raisins
- 35g walnuts, roughly chopped or broken into chunks
- 1 red chilli, deseeded and chopped
- 15g dill, chopped

For the hummus

- 400g can butter beans
- 1 small garlic clove, sliced
- ½ tsp smoked paprika
- ½ tbsp rapeseed oil

1 Heat the oven to 200C/180C fan/gas 6. Tip the cauliflower and red pepper onto a baking tray, rub with ½ tbsp oil and roast for 30 mins.

2 Put the onion and all but 1 tbsp of the lemon juice in a bowl. Add the raisins, walnuts and chilli. Set aside.

3 For the hummus, drain the beans, reserving the liquid from the can. Tip the beans into a food processor along with the garlic, paprika, oil and reserved lemon juice. Add 2 tbsp of the reserved bean liquid, and blitz until smooth.

4 Spread the hummus over two plates. Toss the roasted veg with the pickled onions, remaining oil, half the lemon zest and dill. Spoon this over the hummus and scatter with the remaining lemon zest.

GOOD TO KNOW vegan • healthy • folate • fibre • vit c • iron • 4 of 5-a-day
PER SERVING 443 kcals • fat 23g • saturates 2g • carbs 37g • sugars 19g • fibre 16g • protein 17g • salt 0.06g

Vegan roast spiced squash salad with tahini dressing

Nutrient-rich and flavour-packed, this salad is as good chilled the next day as it is fresh from the oven.

SERVES 4 **PREP** 10 mins
COOK 40 mins **EASY** **V**

- 320g diced butternut squash
- 3 red onions (320g), cut into wedges
- 2 tbsp rapeseed oil
- 2 tsp smoked paprika
- 1 tsp cumin seeds
- 2 tbsp chopped thyme
- 125g quinoa
- 45g kale
- 2 tbsp pumpkin seeds
- 2 tbsp tahini
- 2 tbsp apple cider vinegar
- 1 garlic clove, finely grated
- 2 x 400g cans lentils or borlotti beans, very well drained
- 50g pomegranate seeds
- 4 generous handfuls of rocket

1 Heat the oven to 200C/180C fan/ gas 6. Tip the diced squash and onion wedges onto a large baking sheet and toss with 1 tsp of the oil. Spread out and sprinkle with the smoked paprika, cumin seeds and thyme, then roast for 30 mins.
2 Meanwhile, cook the quinoa following pack instructions, then drain well (or the base of the salad will be too wet).
3 Add the kale to the tray of veg, sprinkle over the seeds and return to the oven for 10 mins.
4 For the dressing, mix the tahini and remaining oil with the vinegar, garlic and 2 tbsp water.
5 Put the quinoa in a bowl and toss with the lentils or beans. *If just two of you are following the plan, keep half chilled. Will keep chilled for up to three days.* Serve with the roasted veg on top, then drizzle with the dressing, scatter over the pomegranate seeds and top with the rocket.

GOOD TO KNOW vegan • healthy • low cal • calcium • folate • fibre • vit c • iron • 4 of 5-a-day • gluten free
PER SERVING 436 kcals • fat 17g • saturates 2g • carbs 43g • sugars 10g • fibre 18g • protein 19g • salt 0.4g

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Lentil bolognese soup

Our vegetarian bolognese-style soup delivers nearly eight plant points and plenty of fibre.

SERVES 4 **PREP** 10 mins
COOK 40 mins **EASY** **V**

- 2 tbsp rapeseed oil
- 3 onions, finely chopped
- 3 large carrots, finely diced
- 3 celery sticks, finely diced
- 4 garlic cloves, finely chopped
- 500g carton passata
- 1 tbsp vegetable bouillon powder
- 125g red lentils
- 1 tsp smoked paprika
- 4 thyme sprigs
- 125g wholemeal penne
- 50g finely grated vegetarian Italian-style hard cheese

1 Heat the oil in a large non-stick pan and fry the onions for a few minutes until starting to colour. Add the carrots, celery and garlic and fry for 5 mins, stirring frequently, until the vegetables start to soften.
2 Pour in the passata, bouillon powder and the lentils with 2 litres boiling water from the kettle. Add the smoked paprika, thyme leaves and plenty of black pepper, then bring to the boil, cover the pan and simmer for 20 mins.
3 Tip in the penne and cook for 12-15 mins until the pasta and lentils are tender, adding a little more water if necessary. Serve sprinkled with the cheese and a crack of black pepper. *If only two of you are following the plan, ladle half the soup into bowls or wide-necked flask. Leave to cool, remove the thyme sprigs and store in the fridge. Will keep chilled for up to a week. Reheat in a pan, adding a little extra water if the soup has thickened.*

GOOD TO KNOW healthy • low fat • low cal • fibre • 4 of 5-a-day
PER SERVING 424 kcals • fat 11g • saturates 3g • carbs 56g • sugars 18g • fibre 12g • protein 19g • salt 0.5g

Spicy beef taco bowl

Get all your five-a-day and almost double the plant points in this flavourful, Mexican-inspired dish, which can be partly prepped ahead.

SERVES 4 **PREP** 15 mins
COOK 25 mins **EASY** ❄ beef only

1 tsp olive oil
1 large red pepper, deseeded and finely diced
500g 5%-fat beef mince
1 tbsp chipotle paste
1 tsp ground cumin
1 tsp ground coriander
200g can chopped tomatoes
2 tbsp tomato purée
20g coriander, stalks chopped, leaves reserved

To serve

2 red onions, thinly sliced
2 limes, juiced
2 x 250g packs cooked wholemeal basmati rice
400g can black beans, drained
200g cherry tomatoes, halved
198g can sweetcorn (salt- and sugar-free)
2 small avocados, sliced

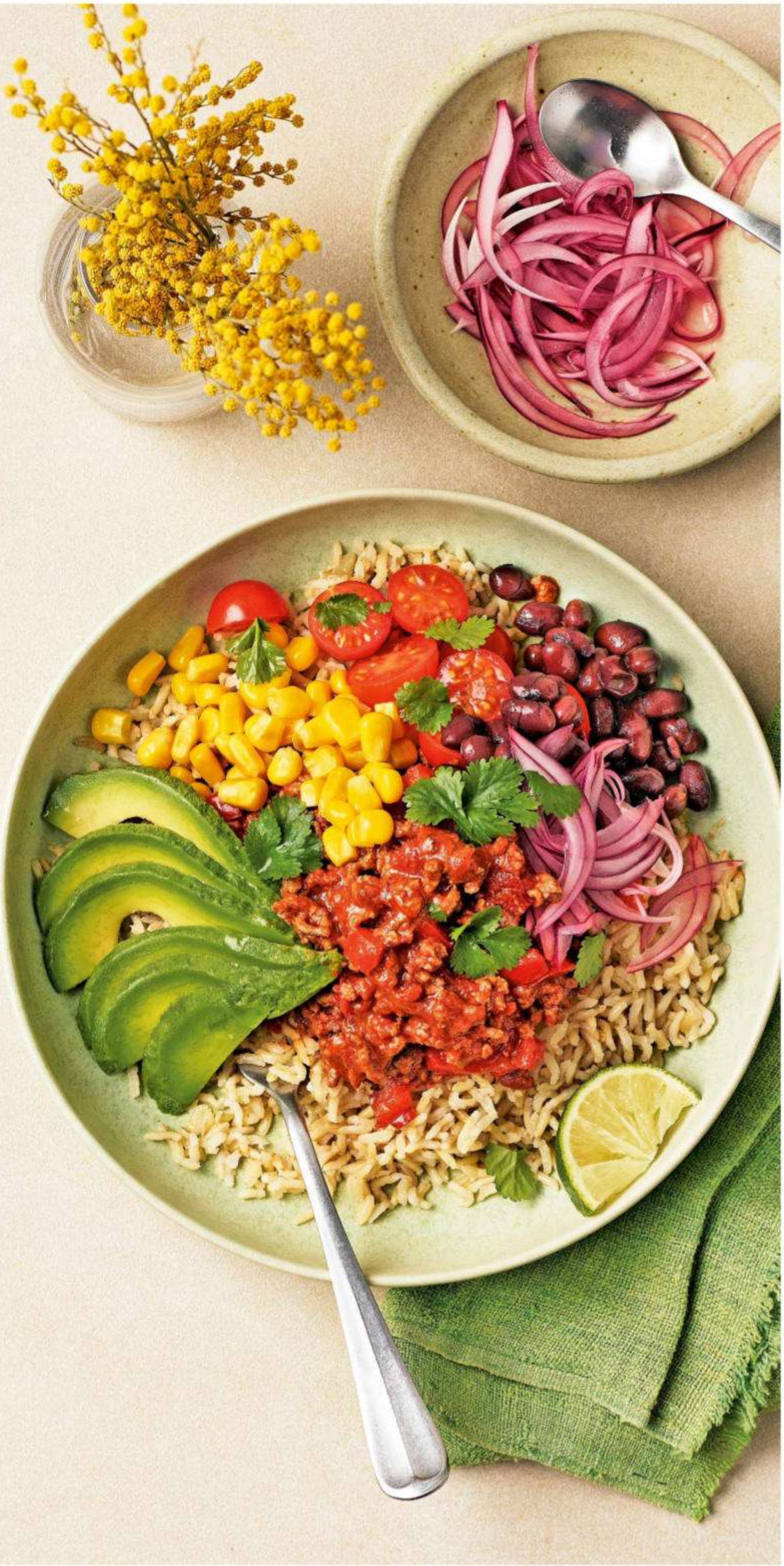
1 Heat the oil in a non-stick pan and fry the pepper for 5 mins until starting to soften. Add the beef, chipotle paste and spices, and cook, stirring, to break down the meat for a few minutes. Stir in the tomatoes, tomato purée coriander stalks, 150ml water and some seasoning, then cover. Leave to simmer for 20 mins to cook through and reduce a little. *If just two of you are following the plan, keep half in the fridge. Will keep chilled for up to three days, or frozen for up to three months. Defrost thoroughly and reheat until piping hot.*

2 Toss the onions in the lime juice in a bowl and set aside to pickle.

3 When the mince is ready, warm the rice following pack instructions.

4 Divide the cooked rice between serving bowls, then the beef and top each with a quarter of the black beans, cherry tomatoes and sweetcorn, half an avocado (fanning out the slices, if you like), and the coriander leaves. Spoon the pickled onions on top and squeeze over any remaining lime juice.

GOOD TO KNOW healthy • vit c • fibre • 5 of 5-a-day
PER SERVING 601 kcals • fat 21g • saturates 6g • carbs 56g • sugars 14g • fibre 16g • protein 38g • salt 0.4g



dinner

Miso salmon & veg traybake

Throwing all the ingredients onto a tray and letting the oven do the work allows me time to tackle that never-ending to-do list. The miso marinade is super-versatile, too. It goes well with any flaky white fish or boneless chicken thighs. I like to double it up for drizzling over veg.

SERVES 2 **PREP** 10 mins
COOK 35 mins **EASY**

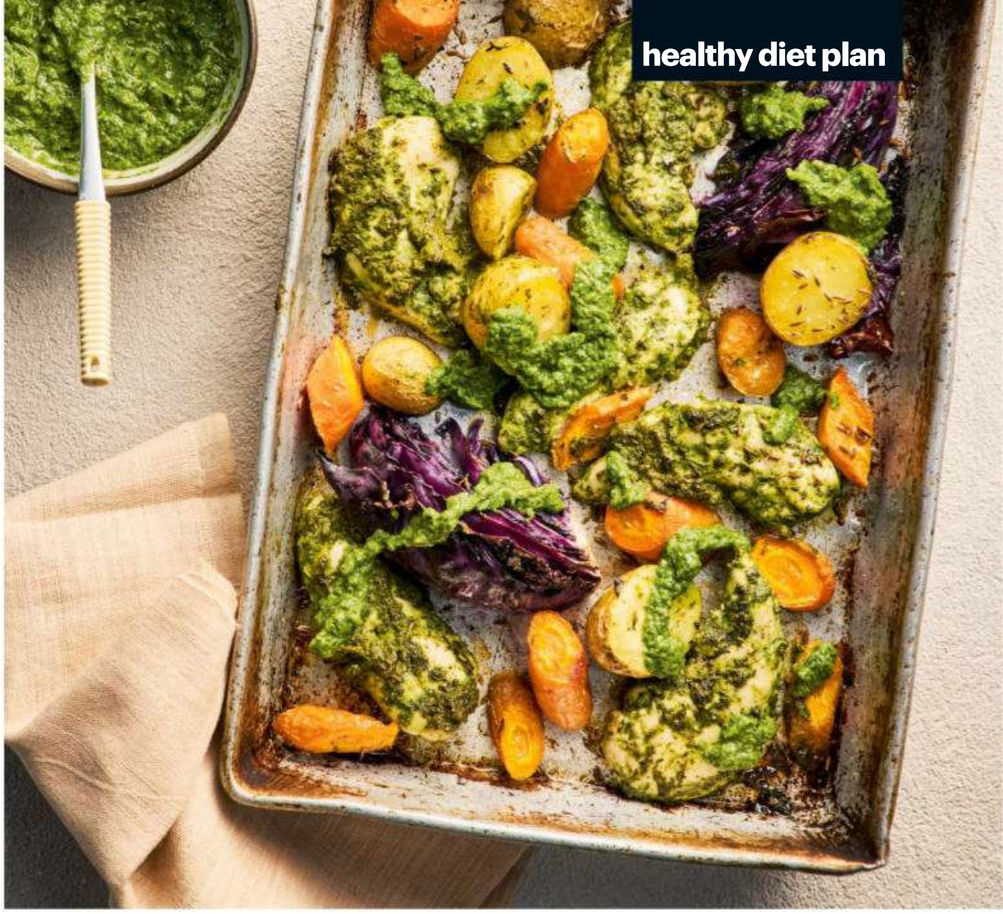
- 2 x 140g salmon or trout fillets
- 350g sweet potatoes
- 1 tbsp olive oil
- 160g long-stem broccoli
- 1 pak choi, halved
- 1 tbsp sesame seeds
- 1 red chilli, sliced, to serve

For the miso marinade

- 1 tsp white miso paste
- 1 tsp soy sauce
- 1 tbsp mirin
- 1 tsp grated ginger
- ½ tsp brown sugar

1 Heat the oven to 200C/180C fan/gas 6. Combine all the marinade ingredients with 2 tbsp water in a large bowl. Pour half of the marinade into a smaller bowl, then add the salmon to the large bowl. Turn to coat thoroughly. Set aside.
2 Halve the sweet potatoes and slice thinly (about 0.5 cm thick). Put on a baking tray, drizzle with the olive oil, and toss to coat. Spread them out in an even layer and bake for 15-20 mins until almost tender.
3 Remove from the oven and add the salmon, broccoli and pak choi. Sprinkle with the sesame seeds. Drizzle with any marinade left in the large bowl and return to the oven for 12 mins.
4 Serve immediately, drizzling the salmon with the reserved miso marinade in the smaller bowl. Top with sliced chilli or spring onions.

GOOD TO KNOW healthy • folate • fibre • vit c • omega-3 • 3 of 5-a-day
PER SERVING 610 kcals • fat 29g • saturates 5g • carbs 39g • sugars 14g • fibre 9g • protein 42g • salt 1g



Green garlic chutney roast chicken with cumin-spiced vegetables

Served with cumin-spiced vegetables this is the perfect roast dinner to shake up up your Sunday lunch. Scrub the veg well but there is no need to peel them. Leaving the skin on adds nutrients and fibre. Using baby potatoes means you don't have to par-boil them, but if using other potatoes, slice thinly or par-boil first. If you are feeling adventurous, double the chutney ingredients and try marinating a whole roast chicken for a beautiful centrepiece dish.

SERVES 2 **PREP** 15 mins plus at least 1 hr marinating **COOK** 45 mins **EASY**

- 250g chicken breast mini fillets
- 350g baby potatoes, halved lengthways or thickly sliced if using larger potatoes (approx 1cm)
- 200g carrots, no need to peel, cut into 1cm slices
- ¼ small red cabbage (approx. 200g), cut into 2 wedges
- 1 tsp cumin seeds
- 1 tbsp olive oil

For the green chutney marinade

- 100g coriander
- 3 garlic cloves
- 2 tbsp lemon juice
- ¼ apple
- 1-2 green chillies
- 2 tbsp olive oil

1 Tip all the marinade ingredients along with 1/4 tsp salt into a blender and blitz to a smooth paste, adding a splash of water if needed. Reserve half of the marinade in a bowl.
2 Place the chicken in a large bowl with the other half of the marinade and mix well. Chill for at least 1 hr. *Will keep chilled for a day.*
3 Heat the oven to 200C/180C fan/gas 6. Put the potatoes, carrots and cabbage on a large baking tray, sprinkle with the cumin seeds and drizzle with the olive oil. Mix well to coat. It is important the vegetables are laid flat in one layer to ensure even cooking. Roast for 20 mins.
4 Nestle the marinated chicken fillets between the vegetables and put back in the oven for 20-25 mins until the chicken is cooked – the juices should run clear when pierced with a sharp knife.
5 To serve, drizzle the remaining green chutney over the chicken and vegetables. Serve straightaway.

GOOD TO KNOW healthy • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 519 kcals • fat 21g • saturates 3g • carbs 40g • sugars 14g • fibre 12g • protein 35g • salt 0.94g

One-pan coconut fish curry pie

This is a delicious and comforting fusion pie, combining a spiced coconut fish curry with a light, crispy layer of filo pastry. I've used haddock but any firm fish works.

SERVES 2 **PREP** 20 mins
COOK 45 mins **EASY**

- 250g sweet potatoes, cut into cubes
- 2 tsp olive oil
- ¼ tsp mustard seeds
- 1 tsp garlic paste
- 10 fresh or dried curry leaves
- 100g cherry tomatoes
- 150ml low-fat coconut milk
- ½ tsp turmeric
- handful of coriander, chopped
- 280g haddock, cut into small chunks
- 160g frozen petit pois
- 60g filo pastry

1 Heat the oven to 200C/180C fan/gas 6. Cook the sweet potatoes in boiling water for 7-10 mins. Drain and set aside.
2 Heat 1 tsp oil in a 20cm ovenproof pan over medium heat. Add the mustard seeds and as they start to pop, add the garlic and curry leaves. Stir for 1 min to prevent burning.
3 Stir in the tomatoes, coconut milk, turmeric, coriander and a pinch of salt. Bring to a simmer. Cover and cook on a medium heat for 5-7 mins until the tomatoes are soft. Uncover and stir in the petit pois and sweet potatoes. Nestle in the fish.
4 Roughly scrunch the filo sheets and use them to cover the curry.
5 Brush the filo with the remaining 1 tsp oil. (You can add a pinch of turmeric to the oil before brushing for added colour). Bake for 20 mins or until the pastry turns crisp and golden. Serve immediately.

GOOD TO KNOW low cal • fibre • vit c • 2 of 5-a-day
PER SERVING 460 kcals • fat 11g • saturates 6g • carbs 51g • sugars 17g • fibre 10g • protein 33g • salt 0.6g

Super-green curry with quinoa rice

I've used chickpeas in this, but the curry base is adaptable; just add your choice of protein. A squeeze of lemon adds vitamin C to aid iron absorption and mixing quinoa with rice increases your intake of high-fibre wholegrains and protein.

SERVES 2 **PREP** 20 mins
COOK 30 mins **EASY** **V**

- 75g quinoa
- 75g rice
- 1 tsp oil
- ½ red onion, chopped
- ½ tsp cumin seeds
- 50g kale
- 150g baby spinach leaves
- ½ tsp turmeric
- 400g can chickpeas, drained
- squeeze of lemon juice, to serve

For the tadka

- 1-2 tsp olive oil
- 5 garlic cloves, thinly sliced
- 1 red chilli, thinly sliced

1 In a large microwave-safe bowl, combine the quinoa and rice. Wash and rinse three times. Add 320ml boiling water, cover and microwave on high for 10 mins. Leave to rest for 5 mins, then fluff with a fork.
2 While the rice cooks, heat the oil in a large pan over medium heat. Fry the onion for 5-7 mins until soft and lightly browned. Add the cumin and stir for 1 min to prevent burning.
3 Add the kale, spinach, turmeric, and a pinch of salt. Pour in 250ml boiling water. Cover and cook for 10-15 mins, stirring halfway.
4 Transfer to a blender, leave to cool for a few minutes, then blend until smooth. Return the mixture to the pan and stir in the chickpeas. Cook on low for 5 mins to heat through.
5 Heat the oil for the tadka in a pan over medium heat. Fry the garlic and chilies for 2-3 mins. Quickly pour over the curry. Serve with rice.

GOOD TO KNOW vegan • healthy • folate • fibre • vit c • iron • 2 of 5-a-day • gluten free
PER SERVING 507 kcals • fat 13g • saturates 2g • carbs 71g • sugars 4g • fibre 13g • protein 20g • salt 0.12g

Harissa chicken with bulgur wheat

Bulgur is easy to cook and a great alternative to refined grains. It's high in fibre and nutrient-rich, so good for your gut, digestion and heart health. Serve it with stews, or use it in salads or as a nutritious alternative to rice. This recipe is a favourite with my kids!

SERVES 2 **PREP** 15 mins
COOK 20 mins **EASY**

1 tbsp olive oil
2 garlic cloves, thinly sliced
250g mini chicken breast fillets
1-2 tbsp rose harissa paste, to taste
2 tbsp tomato purée
1 red pepper, finely chopped
150g bulgur wheat, rinsed and drained
160g green beans, roughly chopped
½ lemon, juiced
small handful of coriander, chopped, or leaves left whole
80g pomegranate seeds

1 Heat the oil in a pan over a medium heat. Fry the garlic for 2-3 mins until golden, being careful not to burn it. Add the chicken and brown it for a few minutes. Stir in the harissa and tomato purée.
2 Add the chopped pepper and cook, stirring well, for a few minutes.
3 Stir in the drained bulgur wheat, a pinch of salt and 300ml boiling water. Bring to a simmer, put the lid on the pan and cook for 5 mins.
4 Lift the lid and lay the green beans on top, cover again, and cook for 5 mins. Remove from the heat and leave covered for another 5 mins.
5 Uncover, squeeze over the lemon juice and mix well. Garnish with the coriander and pomegranate seeds.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 500 kcals • fat 13g • saturates 1g • carbs 50g • sugars 15g • fibre 11g • protein 40g • salt 0.44g

One-pan smoky veggie lentil lasagne

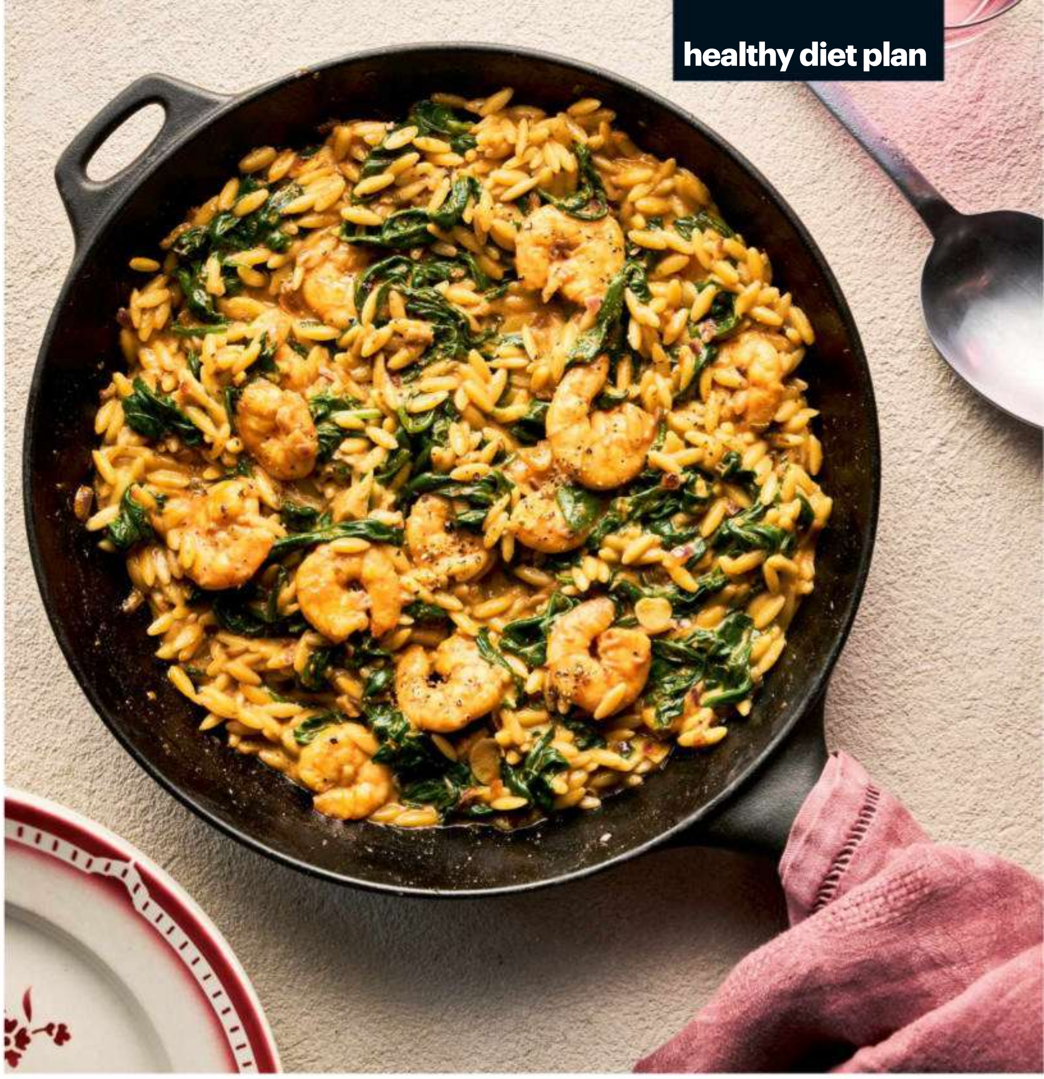
Make this comforting no-bake lasagne and you'll pack in lots of nutritious veggies, building up to 30 plant points for the week. The courgettes and mushrooms can be swapped out for other seasonal veg – leeks and aubergines work well.

SERVES 2 **PREP** 20 mins
COOK 30 mins **EASY** **V**

1 tbsp olive oil
½ red onion, finely chopped
2 garlic cloves, crushed
160g courgettes, finely chopped
160g chestnut mushrooms, finely chopped
60g dried red lentils, rinsed and drained
200g can finely chopped tomatoes
1 tsp tomato purée
1 tsp sweet smoked paprika
4 lasagne sheets, roughly broken up
1 tbsp half-fat crème fraiche (optional)
40g mature cheddar, grated
green salad, to serve

1 Heat the oil in a 20cm frying pan with a tight-fitting lid over a medium heat. Add the onion and cook for around 6 mins until soft and lightly browned. Tip in the garlic and stir for 1 min to stop it burning.
2 Add the courgettes and mushrooms and cook for 3-5 mins until soft. Stir frequently to prevent sticking.
3 Stir in the lentils, tomatoes, tomato purée, 250ml water, paprika, a pinch of salt and the lasagne sheets. Mix well to ensure the pasta is fully submerged. Put the lid on and cook for 15-20 mins until the lentils and pasta are cooked through.
4 Simmer uncovered for 5 mins to reduce. Stir in the crème fraiche if using, then sprinkle the cheese over.
5 Put the pan under a hot grill until the cheese is melted and golden. Serve with a green salad.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • iron • 4 of 5-a-day
PER SERVING 423 kcals • fat 14g • saturates 5g • carbs 48g • sugars 9g • fibre 8g • protein 22g • salt 0.42g



Creamy Cajun prawn orzo

I love to use orzo to make quick creamy pasta after a busy day at work, but you can use this sauce with any kind of pasta. I like to make my own Cajun spice mix as ready-made mixes often contain added salt, but if you don't think you'll use up all the individual spices, then take the ready-made option – just check the label to ensure it's not too salty.

SERVES 2 **PREP** 20 mins
COOK 20 mins **EASY**

150g orzo
1 tbsp oil
1 onion, chopped
2 garlic cloves, thinly sliced
2 tbsp tomato purée
150g raw peeled king prawns
2 tbsp half-fat crème fraîche
200g baby spinach
For the Cajun spice mix
1 tsp smoked paprika
½ tsp ground cumin
½ tsp ground coriander
½ tsp dried oregano or thyme
½ tsp black pepper
½ tsp garlic granules
pinch of turmeric

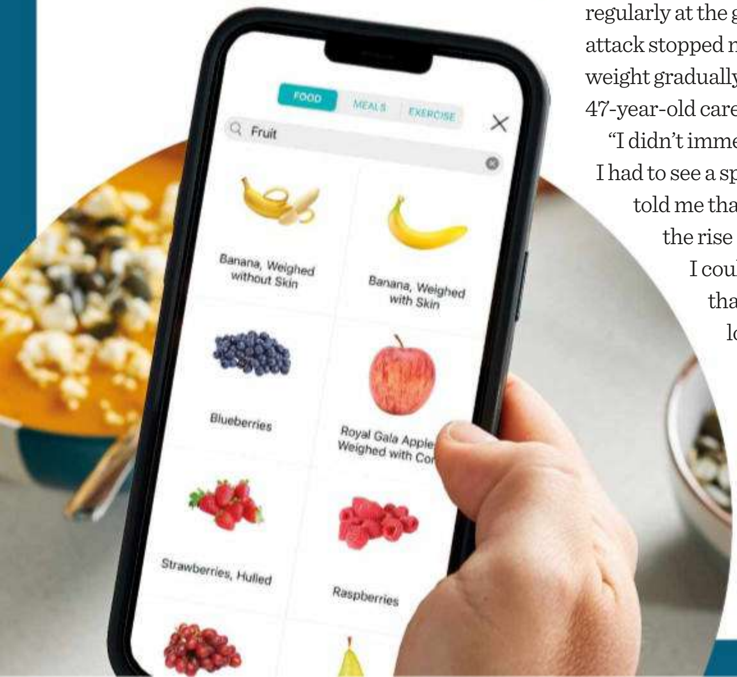
1 Boil the orzo following pack instructions. Drain, reserving a cup of the cooking water. For the Cajun spice, mix the ingredients in a small bowl and set aside.
2 Heat the oil in a large, ovenproof pan over medium heat. Fry the onions until soft and lightly browned. Add the garlic and fry for 1 min, stirring so it doesn't burn.
3 Add the tomato purée, prawns and Cajun spice and fry for 1 min.
4 Stir in the baby spinach, some salt and pepper, and cook until the spinach wilts and the prawns turn opaque. Stir in a splash of the reserved pasta cooking water, if needed, to loosen the sauce.
5 Stir in the cooked orzo and crème fraîche, adding more pasta water as needed to adjust the consistency. Serve straightaway.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 2 of 5-a-day
PER SERVING 484 kcals • fat 13g • saturates 4g • carbs 65g • sugars 8g • fibre 8g • protein 23g • salt 0.99g

Before

“Nutracheck’s helped me feel confident again”

After a major health scare forced Lee to rethink his lifestyle, he turned to the app for help. Here, he shares his story


FOOD
MEALS
EXERCISE
Fruit
Banana, Weighed without Skin
Banana, Weighed with Skin
Blueberries
Royal Gala Apple Weighed with Co
Strawberries, Hulled
Raspberries

Before embarking on his Nutracheck journey, Lee was a frequent gym goer who had managed to maintain a relatively steady weight throughout most of his adult life. So, you can only imagine his shock when he suffered a heart attack, aged just 42.

“I always ate what I wanted because I was regularly at the gym, but when my heart attack stopped me exercising, I noticed my weight gradually increasing,” recalls the 47-year-old care worker.

“I didn’t immediately change my diet. I had to see a specialist consultant who told me that my cholesterol was on the rise again. I had two options: I could either take a medication that would give me gout or lose weight – I chose the second option!”

Small change, big difference

To help keep on top of what he was eating, Lee downloaded the Nutracheck app in April 2022 and found it to be a total game-changer that took him from 14st 10lbs down to 12st 2lbs.

“It’s so easy to use and never a burden,” he says. “Before making my meals, I get everything out on the counter, quickly scan the barcodes, go through the app and then get cooking. I use it every day and it takes me minutes.”

Lee has discovered Nutracheck offers other benefits as well. “I’ve really enjoyed using the forums. There are a great bunch of people on there and everybody is really supportive. People will share recipes, along with their weight loss journeys.”

Beyond the kitchen, Lee has developed a new passion for walking, and is also starting to take a few more risks in the wardrobe department.

“I feel so much more confident in myself, and my wife has even noticed the difference, too. I’m wearing brighter clothes and I’m walking three miles every day. Now, I walk tall and proud, whereas before I’d be all hunched over and just shuffling along.”

> I walk three miles every day now and I walk tall and proud

3 WAYS NUTRACHECK CAN HELP YOU REACH – AND MAINTAIN – YOUR GOALS

Trusted by hundreds of thousands of users, Nutracheck offers a simple way for you to count the calories you consume on your smartphone or tablet, as well as monitoring seven key nutrients. Here are some other reasons you'll love it...

You'll be in good company

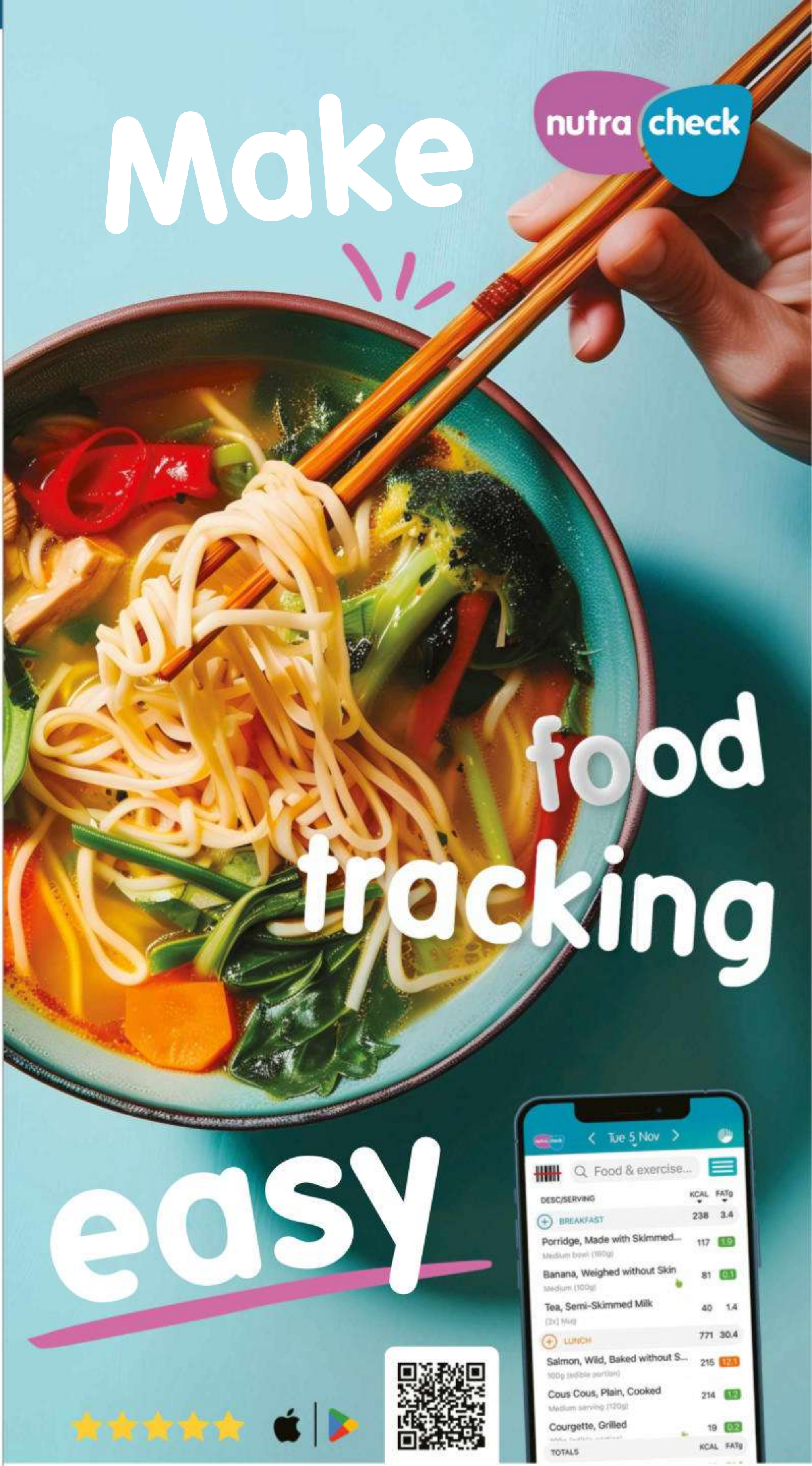
Join loads of like-minded members in the Nutracheck forums to share your challenges and successes. The helpful community is on hand to assist and support you seven days a week, 365 days a year.

You don't need anything else

It's an all-in-one app to help you reach your weight goal. It has a UK food database of 430,000 products, plus it features a barcode scanner to make searching easy.

It's an app you can trust

Nutracheck's App Store rating is 4.8 out of 5 stars – making it the top-rated calorie tracking app – so you can rest assured you're in safe hands.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Tue 5 Nov
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Banana, Weighed without Skin
Tea, Semi-Skimmed Milk
LUNCH
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Cous Cous, Plain, Cooked
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BARCELONA
¡HOLA!

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- **Plus FREE delivery (usually £7.99)**

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Whatever your favourite tipple, you'll find a delicious alternative in our no- and low-alcohol range, with 20% off when you buy six or more bottles using code NOLOW20. Fizz lovers will adore ***¡H! Barcelona***, a quaffable sparkler from one of Spain's most dynamic Cava producers. Perfect as an apéritif and great with seafood dishes. For white wine fans, there's ***Wednesday's Domaine Piquant***, a mineral-fresh white that works well with fragrant dishes like herby foil-baked fish. Red wine lovers should try ***Wednesday's Domaine Vignette*** – its soft plummy fruit and gentle spice will match beautifully with a fruity lamb tagine. Plus, there's ***Noughty Alcohol Free Rosé*** from South Africa, with strawberry notes. Explore the full range online.

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goodfoodwineclub.com/janwine
Or call ***03300 242 855*** and quote code ***8398001***

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At its best

Use seasonal carrots, cauliflower and kale in must-try recipes from our food director **Cassie Best**

photographs TOM REGESTER

PLANET FRIENDLIER

Cauliflower

Aside from white, there are green and purple varieties of cauliflower. Essentially it's a mass of tiny, tightly packed flower heads growing from a thick stem to form a round head, cupped by leaves. Its firm texture and mild, delicate flavour makes it a great vehicle for spice.

Baked coconut dhal with spiced cauliflower & paneer

Let the oven do the work in this plant-based recipe where turmeric lends a beautifully golden colour.

SERVES 4 **PREP** 20 mins
COOK 1 hr 45 mins **EASY** **V** ❄

1 large red onion, chopped
1 tbsp sunflower or veg oil
2 x 400g cans coconut milk
1 tbsp ginger, grated
1 tbsp garlic purée (about 6 garlic cloves)
2 tbsp curry paste (we used korma paste)
2 tsp ground turmeric
2 tsp nigella seeds
100g red lentils
150g chana dhal or split peas
400g can chopped tomatoes
1 lemon, juiced
½ large cauliflower (about 500g), broken into florets, stalks and leaves roughly chopped
225g paneer, cut into cubes
To serve
1 red onion, halved and thinly sliced
1 green chilli, finely sliced
small handful of coriander, leaves picked

1 Heat the oven to 200C/180C fan/gas 6. Toss the onions in a large, deep roasting tin with the oil. Roast for 15 mins, until softened.

2 Spoon 3 tbsp coconut cream off the top of the coconut milk and set aside. Stir the ginger, garlic, 1 tbsp curry paste, 1 tsp turmeric, nigella seeds, lentils, chana dhal, tomatoes and remaining coconut milk into the onions. Fill the empty can with 400ml water, swirl it around and pour into the roasting tin. Season and mix well, then wrap the tray in foil and return to the oven to cook for 50 mins.

3 Meanwhile, mix the remaining curry paste and turmeric into the reserved coconut cream. Add a squeeze of lemon and season, then toss through the cauliflower and paneer until well coated.

4 Unwrap the dhal, stir and add a splash more water if it's looking too dry. Scatter the cauliflower and paneer pieces on top and return to the oven for 40 mins uncovered. Meanwhile, toss the red onion and sliced chilli with a squeeze of lemon juice and a pinch of salt. Set aside to pickle.

5 When the dhal is cooked the lentils should be soft and the cauliflower and paneer should be charred. Leave to stand for 10 mins, then serve with the pickled onion and chilli, with a scattering of coriander leaves.

GOOD TO KNOW vegan • fibre • vit c • iron • 5 of 5-a-day • gluten free
PER SERVING 873 kcals • fat 53g • saturates 36g • carbs 61g • sugars 20g • fibre 12g • protein 32g • salt 0.24g

Kale

A member of the cabbage family, kale comes in two forms: kale with smooth leaves, and curly kale with crinkly leaves. Go for heads of kale on the smaller side as they will be more tender. The leaves should be crisp with a bright green colour, or tinged with blue or purple.

Creamy butter bean, kale & lasagne soup

This hearty, wholesome soup is enriched with egg yolk and parmesan, giving it a velvety texture reminiscent of carbonara.

SERVES 4 **PREP** 20 mins
COOK 25 mins **EASY** ❄

- 2 tbsp olive oil
- 150g smoked pancetta or guanciale
- 1 onion, halved and sliced
- 5 thyme sprigs
- 150g kale, stalks finely chopped and leaves torn into pieces
- 4 garlic cloves, crushed
- 2 x 400g cans butter beans
- 1 chicken or veg stock cube
- 30g parmesan, grated, plus a little extra to serve, and the rind
- 4 dried lasagne sheets
- 3 egg yolks (freeze the whites for another recipe)
- 1 lemon, zested and juiced
- drizzle of extra virgin olive oil
- pinch of chilli flakes (optional)
- crusty bread, to serve

1 Heat the oil in a large saucepan. Add the pancetta and sizzle for a few minutes until crisp in places. Stir in the onion and thyme, cook for 8-10 mins until the onion softens and starts to caramelise.

2 Add the kale stalks and garlic, stir for a minute, then add the butter beans along with their liquid, the stock cube, 800ml water and parmesan rind. Snap the lasagne sheets into smaller pieces and add to the pan. Season well, stir and cover with a lid. Cook for 8 mins over a low heat, stirring every now and then to prevent the pasta sheets from sticking together.

3 Meanwhile, whisk the egg yolks and grated parmesan together in a bowl. When the pasta has softened but still has a little bite, add the kale leaves and a splash of water if needed – the consistency should be soupy. Cook for 5 mins, until the pasta and kale are cooked, then stir in the egg yolk mixture, lemon zest and a squeeze of juice. Stir constantly over a low heat to prevent the egg from curdling (it should thicken and enrich the sauce). Ladle into bowls and top with a little more parmesan, a drizzle of good extra virgin olive oil and a twist of pepper or pinch of chilli flakes, if you like. Serve with crusty bread for dipping.

GOOD TO KNOW fibre • vit c • 2 of 5-a-day
PER SERVING 422 kcals • fat 22g • saturates 7g • carbs 27g • sugars 4g • fibre 11g • protein 22g • salt 2.13g

Carrots

Among the most versatile root veg we have, the sweet flavour of carrots means they can be used raw or cooked, in cakes or savoury dishes. They're very high in beta-carotene, which is an important nutrient for maintaining healthy eyes.

Sticky carrot & date cake with tahini maple icing

Sticky dates and a salty-sweet icing take the traditional carrot cake to new, delicious heights.

SERVES 12 **PREP** 25 mins
COOK 40 mins **EASY** V

- 200g stoned dates
- 200g softened butter
- 4 medium eggs
- 2 tsp vanilla extract
- 300g self-raising flour
- 1½ tsp bicarbonate of soda
- 200g light muscovado sugar
- 2 tsp ground cinnamon
- ½ tsp ground ginger
- ¼ fresh nutmeg, finely grated
- 300g carrots (about 3), washed well and coarsely grated (no need to peel)
- 75g pecans, roughly chopped, plus a few whole to decorate
- 60g sesame snaps

For the icing

- 100g soft cheese
- 1 tbsp tahini
- 200g salted butter, softened
- 600g icing sugar
- 1 tbsp maple syrup
- 1 tsp vanilla extract

1 Put the dates in a bowl and pour over 200ml boiling water. Leave to soak for 30 mins.

2 Line the base and sides of two 20cm round cake tins with baking parchment. Heat the oven to 180C/160C fan/gas 4. Tip the dates and their soaking liquid into a food processor, then blitz to a purée. Add the butter, eggs, vanilla, flour, bicarb, sugar, cinnamon, ginger, nutmeg and a pinch of salt and blend to a smooth cake batter.

3 Put the carrots in a large mixing bowl and add in the cake mixture along with the chopped pecans, then fold everything together. Divide the mixture between the tins, then level the tops with a spatula. Bake for 45 mins until risen and golden brown. A skewer inserted into the centre should come out clean, if not, return to the oven for 5-10 mins. Leave to cool in the tin for 20 mins, then transfer to a cooling rack.

4 To make the icing, beat the soft cheese and tahini together until smooth, if the tahini is very thick, add a little soft cheese and beat until smooth before adding more. Add the butter, icing sugar, maple syrup and vanilla extract and beat again until you have a smooth, fluffy icing.

5 Place one of the cakes on a cake stand or plate and spoon a generous amount of the icing on top. Spread to the edges, then top with the other cake. Pile the rest of the icing on top and use a spatula or palette knife to work it over the top and down the sides until completely covered. Crumble the sesame snaps and mix with the whole pecans. Sprinkle in a ring on top of the cake. *Will keep in a cool place for three days.*

PER SERVING 795 kcals • fat 38g • saturates 20g • carbs 103g • sugars 82g • fibre 4g • protein 7g • salt 1.34g

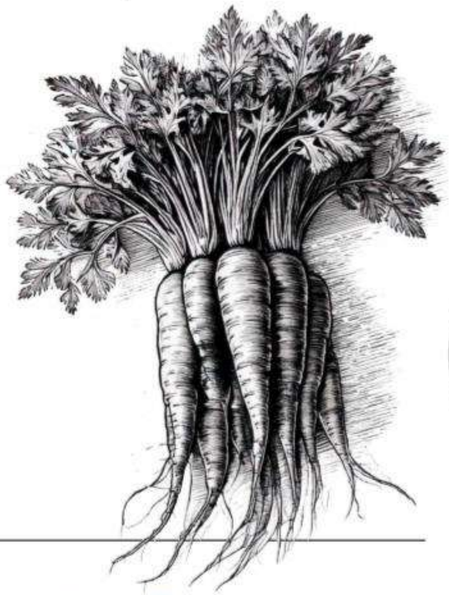
Shoot director LAURIE NEWMAN | Food stylist ROSIE REYNOLDS | Stylist MAX ROBINSON

plant now, eat later

Eat seasonally when produce is at its best and cheap to buy, and preserve some, too, so you can enjoy the flavours all year round

PRESERVE *the* SEASON

Carrots



- Bake a batch of healthy carrot muffins for the freezer. These make the perfect breakfast on the go – just take out as many as you'll need for breakfast the night before.
- Whizz up a creamy carrot soup to stash in the freezer in individual portions. It's the perfect lunch when the cupboards are bare!

Kale

- Make a vibrant kale pesto. It will keep for a couple of weeks in the fridge or freeze in individual portions (an ice cube tray comes in handy here) and store in the freezer for a few months.
- A hearty bean and kale stew makes the perfect freezer filler, and is a good way to use up scraps from the fridge.

Turn over for a seasonal game recipe ▶

Cauliflower

- Make a batch of classic piccalilli to use up cauliflower, cutting the florets into small pieces and finely shredding the leaves. It will perk up your cheeseboard for months to come.
- Make a cauliflower curry to keep in the freezer. Store some naan in there too and you'll always have a speedy dinner to hand.

WHAT TO GROW NOW

***Emma Crawforth**, of BBC Gardeners' World, shares advice for growing your own.*

Blackcurrants

- Winter is ideal for planting bare-root blackcurrant bushes. Order two-year-olds, certified virus-free and prepare your bed beforehand. Go for a sheltered site and fork garden compost into the soil. Space them 1.5m apart, then plant 5cm deeper than the nursery did to stimulate new shoots from the base – look for the nursery soil mark to guide you. Cut the existing shoots back to help roots establish.

Bulb onions

- Sow seeds this month on a windowsill, lightly covered with compost, and keep in a heated propagator. Be patient – germination takes around three weeks – but when the grass-like seedlings are large enough to handle, prick them out into small pots to grow until planting out in spring. Onions can be grown from sets, but seeds are a much cheaper option for starting a crop that will taste better than shop versions.

Parsley

- Parsley is one of the rare crops that can be sown all year round, so it's a good one to start this month. Sow into small pots of compost and cover the seeds lightly, then put into a heated propagator on a windowsill. Gently water on a regular basis as the seedlings develop to keep the compost moist.

seasonal discovery
pheasant

Each month **Barney Desmazery** spotlights a hyper-seasonal ingredient. This month, a gamey Sunday roast

If you're a meat-eater, one of your new year's resolutions should be to eat more game. It's packed with flavour, and takes the pressure off intensely reared meats like chicken. When it comes to game birds, pheasant is a great place to start. In season from October to February, it's a great choice for January as it's still tender enough to roast and gives you lean, flavourful meat.

When buying pheasant, look for birds with unblemished skin, which should be plump and firm to the touch. Though pheasant will have a stronger flavour than farmed poultry, it shouldn't be too strong, so avoid those with an overly gamey smell and if ordering from the butcher's, ask for them to be fresh not hung, as hung birds have a much stronger gamey aroma. Wild birds tend to be leaner with a deeper flavour, while farmed pheasants are often plumper and more consistent in taste. If you're buying from a butcher's, don't be shy about asking if the bird is wild or reared – this will help guide your cooking decisions.

Cooking pheasant requires a gentle approach to avoid drying out the meat. Roasting is a popular method, especially when the bird is wrapped in bacon or pancetta to keep the flesh moist. Alternatively, slow cooking in a stew or casserole ensures tenderness, while the rich, gamey flavours develop beautifully. Or try pheasant breasts (see below) which can be quickly pan-fried.

One-pan pheasant breast with mushrooms, spinach & bacon

- Heat a **large knob of butter** in a frying pan until sizzling, then pan-fry **2 pheasant breasts** for 5 mins, basting with the butter until firm and just cooked through. Remove the pheasant to rest, then sizzle a **handful of bacon lardons** in the same pan until crispy, then wilt **4 large handfuls of spinach leaves** in with the bacon. Carve the pheasant into slices and add any juices in with the spinach and bacon and serve alongside the pheasant with some creamy mash.

Roast pheasant with wild mushroom, potato & bacon ragout

SERVES 2 **PREP** 20 mins plus soaking and resting **COOK** 1 hr 15 mins **EASY**

25g dried porcini mushrooms
1 oven-ready pheasant
1 tbsp sunflower oil
70g smoked bacon lardons
2 medium baking potatoes, chopped into small chunks
125ml white wine
small handful of flat-leaf parsley, roughly chopped
small handful of watercress leaves, to serve
1 tbsp olive oil

1 Heat the oven to 200C/180C fan/gas 6. Pour about 200ml hot water from the kettle over the mushrooms and leave to soak for 20 mins. Drain, reserving the liquid. Squeeze any excess liquid from the mushrooms, but keep them whole.

2 Generously season the pheasant all over. Heat the sunflower oil in a shallow flameproof baking dish and slowly brown the legs, turning frequently, for 20 mins. Brown the breast for a further 10 mins, then remove from the dish and set aside on a plate. Add the bacon to the baking dish and sizzle until starting to crisp, then add the potatoes, increase the heat and fry with the bacon until brown around the edges. Add the rehydrated mushrooms and fry to heat through. Pour in the white wine, sizzle for a moment, then pour over the reserved mushroom liquid, keeping the last drop back as it may be gritty. Nestle the pheasant, breast-side up, back in the middle of the dish and roast in the oven for 25 mins.

3 Remove from the oven, lift the pheasant onto a plate, cover loosely with foil, then leave to rest for about 15 mins. Tip any resting juices into the potatoes, stir in the parsley, then transfer everything to a serving dish. Put the watercress in a bowl and toss with a drizzle of olive oil. Serve with the potato ragout and the pheasant, ready to carve.

PER SERVING 653 kcals • protein 43g • carbs 38g • fat 32g • saturates 9g • fibre 4g • sugars 3g • salt 1.2g

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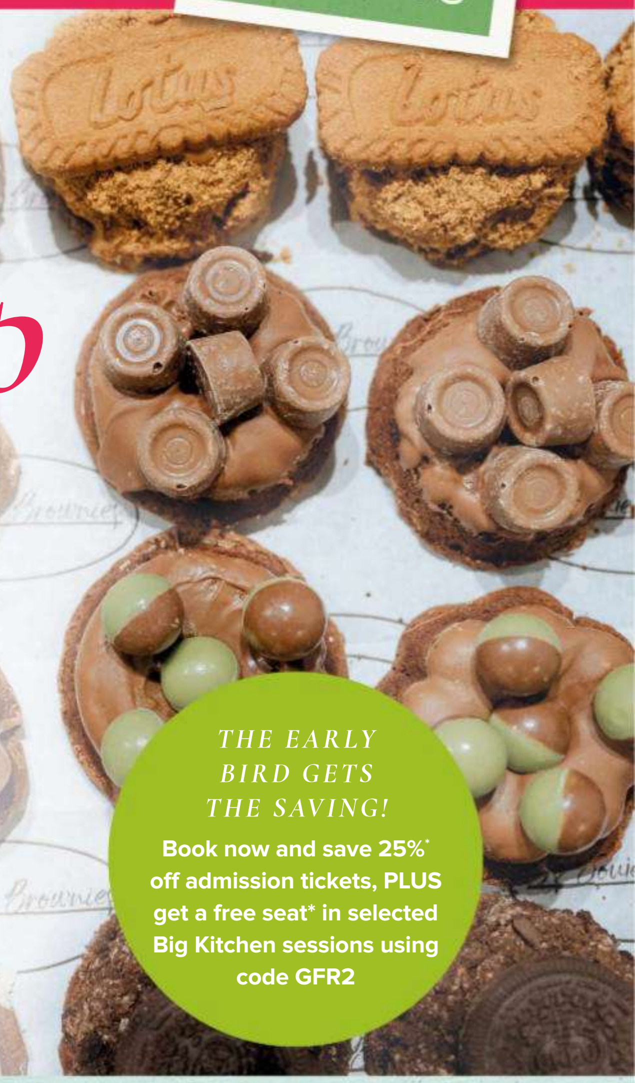

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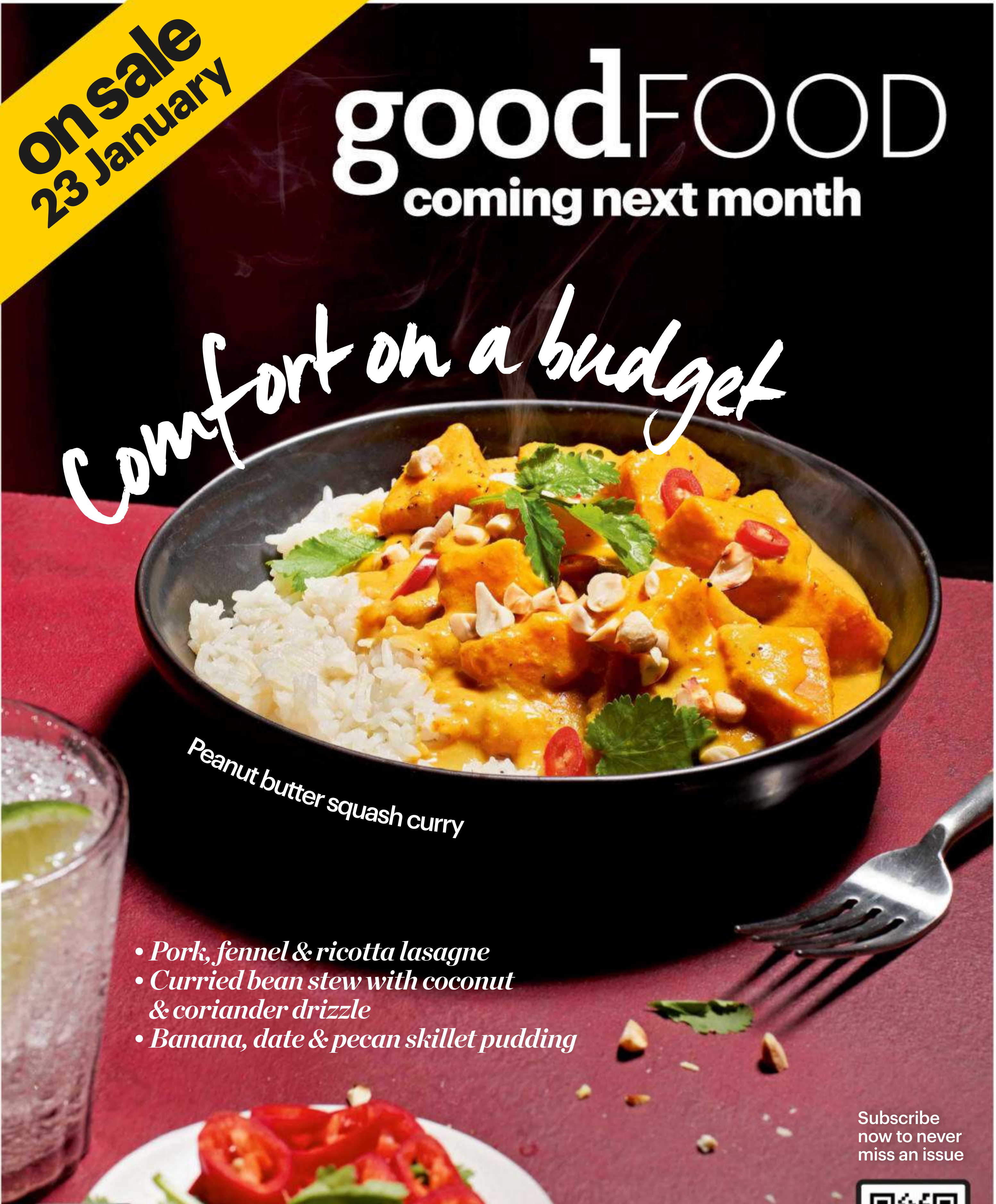

goodFOOD
coming next month

Comfort on a budget

Peanut butter squash curry

- *Pork, fennel & ricotta lasagne*
- *Curried bean stew with coconut & coriander drizzle*
- *Banana, date & pecan skillet pudding*

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Valentine's Day steak | Jane's Patisserie easy bakes | Celebrate Ramadan

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Chocolate & peanut butter puddings, p99

Make time for yourself

Watch a Friday night film with our triple cheese deep pan pizza, get cosy with **The Hairy Bikers'** comfort food dishes, or cook up spicy honey-baked chicken from **Andi Oliver**. Plus, celebrate Burns Night with our menu of Scottish classics.

Be inspired and discover more at *goodfood.com/feature/weekend*

weekend

Friday night dinner

Triple cheese, pepperoni & jalapeño pizza

Try making a Detroit-style pizza, known for its fluffy, thick base with a cheesy crisp crust

recipe BARNEY DESMAZERY *photograph* TOM REGESTER

SERVES 4 **PREP** 20 mins plus at least 2 hrs proving **COOK** 25 mins **EASY**
❄ sauce only

For the dough
300g strong white bread flour, plus extra for dusting
5g sachet fast-action dried yeast
1 tsp olive oil, for the tin

For the sauce
400g passata
1 tsp dried oregano
½ tsp garlic powder
½ tsp onion powder
1 tsp golden caster sugar

For the topping
100g cheddar, coarsely grated
25g parmesan, grated
100g pre-grated mozzarella
15 slices pepperoni
handful of sliced jalapeños

1 To make the dough, tip the flour into a large bowl, then stir in the yeast. Make a well in the middle, tip in 200ml cold water and a large pinch of salt, and mix until all the flour has been incorporated and you have a soft dough. Turn out onto a lightly floured surface and knead for 5 mins until smooth. Tip into a bowl, cover with a clean tea towel and set aside for 1-2 hrs until doubled in size.

2 Use the olive oil to oil a rectangular tin, roughly 34 x 24cm. Tip the dough into the tin and deflate it by pushing it down. Cover and leave at room temperature for at least 1 hr to relax – or preferably overnight in the fridge – until doubled in size.

3 To make the sauce, tip all the ingredients into a saucepan with a pinch of salt and bring to a simmer. Cook gently, stirring occasionally, for 10 mins then leave to cool. *Can be made up to three days ahead and chilled, or frozen for up to three months.*

4 Heat the oven to 240C/220C fan/gas 9. Stretch the dough so it fits to the corners of the tin. Mix the cheddar and parmesan and sprinkle generously around the edge of the dough to line the sides. Sprinkle any remaining cheddar mix and all the mozzarella all over the rest of the base. Drizzle the sauce over the cheese (traditionally this is spooned over the cheese in lines but you can add it however you like), then top with the pepperoni and jalapeños. Bake the pizza for 25 mins until the topping is bubbling and the cheesy edges are crisp. Leave to cool a little then draw a palette or cutlery knife around the edge to loosen and lift to a board. Cut into squares to serve.

GOOD TO KNOW calcium • folate • 1 of 5-a-day
PER SERVING 586 kcals • fat 23g • saturates 13g • carbs 63g • sugars 6g • fibre 4g • protein 29g • salt 2.1g

Shoot director LAURIE NEWMAN
Food stylist ROSIE REYNOLDS
Sylist MAX ROBINSON

My favourite dish

Andi & Miquita Oliver's Honey-baked chicken

Mum and daughter share fond memories, plus Andi's version of the chicken dinner Miquita loved as a child

Andi My favourite dish is honey-baked chicken. And there are so many versions of it (see recipe, opposite). We've got to the point where we make our own sauce instead of the honey – I make orange and ginger chilli syrup.

Miquita Me and my cousins were raised on this chicken. It's a dish that tells you you're home. There were always people coming through our house when we were growing up and Mum bought fairy lights to make it all cosy. We had a really lovely housing trust flat that we lived in for 14 years. People would come through and they would be fed in every way. Not just food, but their soul. They would be replenished. We lived on Portobello in west London, by the market.

Andi That market was like the main artery of west London, you met everybody there. When the kids were little, we didn't have any money. I was on the dole for a lot of the time and when I wasn't, I had three jobs and was still barely making ends meet, so food was important. It was my way of making the everyday a bit special. So I learnt really early on how to make a fiver go a very long way. I can pull a party together out of nothing.

Miquita I had a childhood full of abundance even though we didn't have any money. So it's not just about feeding your kids, it's about creating a world where you don't feel like you're lacking. I knew we were skint, it was hard, just me and Mum. She was a single parent, but we were in it together, we've always been a team. Our careers have met at this symbiotic time. We've had the most incredible few years and I feel really grateful.

Andi We used to have indoor nighttime picnics. Going to the cinema cost quite a lot of money, so we'd get a video out . I'd buy chicken wings – they're cheap and you can make them incredible – so we'd have piles of wings and sandwiches, and put loads of cushions on the floor.

Miquita I loved those.

Andi If you can feed your family, you can create a home in a tiny space with hardly anything. If you have access to fresh vegetables, and protein, you can do it quite easily.

Miquita We started our podcast in lockdown when we were losing our minds, and like everyone, Mum was cooking a lot. I started filming her and then decided to start editing it. We called it What's for Dinner Mummy? and started putting it on Instagram. And because nothing else was going on, we had this huge audience. It just grew and grew, and lots of people kept asking us if we wanted to do a podcast, and it evolved into what Stirring it Up is now – it's like the best dinner party you don't have to leave your house to go to.

Andi Good food to me is food that's made by somebody who really cares about what they're doing. I don't mean that they have to have had training, just that the intention behind it is to share something from their heart to yours.

Andi Oliver is an award-winning chef and broadcaster. She is host of the BBC's *Great British Menu*, presenter of Sky Arts Live Book Club, Channel 4's *Beat the Chef* and *Food Unwrapped*. Andi recently explored her Caribbean heritage in BBC series *The Caribbean with Andi and Miquita*, alongside her daughter, TV presenter and podcaster Miquita Oliver. Together they host the Stirring It Up podcast.

Recipe from *The Pepperpot Diaries: Stories From My Caribbean Table* by Andi Oliver (DK, £27) and not retested by us.

Compiled by FIONA FORMAN
Portrait DAVE BENETT/GETTY IMAGES ENTERTAINMENT | Recipe photograph ROBERT BILLINGTON

To listen to a longer chat with Andi and Miquita, tune in to the Good Food podcast – listen at *goodfood.com/podcast*, or wherever you get your podcasts.

Honey-baked chicken

SERVES 4-6 **PREP** 20 mins plus marinating **COOK** 1 hr 20 mins **EASY**

- 12 skin-on chicken thighs and drumsticks
- 150g clear honey
- 250ml chicken stock

For the marinade

- 2 onions, finely chopped
- 6 garlic cloves, crushed
- 20g fresh ginger, grated
- 15g flat-leaf parsley, finely chopped
- 15g coriander, finely chopped
- 10g thyme sprigs, leaves picked and finely chopped
- 2 scotch bonnet chillies, finely chopped
- 2 each of limes, lemons and oranges, juiced
- 4 tbsp soy sauce or tamari
- 1 tsp ground nutmeg
- 1 tbsp English mustard
- 1 tsp ground allspice
- 5 tbsp dark rum
- 2 tbsp olive oil

1 Put all the marinade ingredients in a large bowl and mix well. Add the chicken to the bowl and mix with your hands to fully coat. Cover the bowl and leave to marinate in the fridge for at least 1 hr, or preferably overnight.

2 Heat the oven to 180C/160C fan/gas 4. Remove the chicken from the marinade and transfer to a roasting tray, skin-side up. Reserve the marinade and set aside in the fridge. Bake the chicken in the middle of the oven for 50-60 mins, and after 15-20 mins, baste with the juices and turn over. You can turn the tray to make sure it's cooking evenly.

3 When the chicken pieces are golden and the juices are running clear, they're cooked. Drizzle the honey all over the chicken and slip the tray back into the oven for a further 10 mins, or until sticky and caramelised.

4 Meanwhile, add the reserved marinade to a pan with the chicken stock and any juices from the tray. Bring to the boil and bubble until reduced and thickened to serve with the chicken.

PER SERVING (6) 504 kcals • fat 25g • saturates 5g • carbs 42g • sugars 7g • fibre 2g • protein 27g • salt 1.8g

Family comfort classics

Si King shares crowd-pleasing favourites from the **Hairy Bikers'** final cookbook together

photographs ANDREW HAYES-WATKINS

Full English breakfast pie, p98

Si King and Dave Myers, best known as the Hairy Bikers, hosted more than 30 TV series combining food and travel, often on their motorcycles. They also co-authored over 25 cookbooks, including the latest, *Our Family Favourites*, completed by Si after Dave sadly passed away in February 2024.

Thai pot-roast chicken, p98

Thai pot-roast chicken

My son Alex invented this dish, and rang me the minute he'd tasted it. He said, "Dad, you've got to try my special pot-roast." So I did, and that's why it's in this book. It's fabulous and a new family favourite for us.

SERVES 4-6 **PREP** 30 mins
COOK 1 hr 30 mins **EASY**

1 whole chicken
1 Thai basil sprig
a few coriander sprigs
1 lemongrass stalk, bruised
2 lime leaves, bruised
1 piece of pared lime zest
3 garlic cloves, bruised

For the pot
2 tbsp olive oil
8 banana shallots, peeled
4 tbsp Thai red curry paste
200ml coconut milk
200ml chicken stock
1-2 tbsp fish sauce
2 lime leaves, shredded
½ lime, juiced

To serve
roughly torn coriander and Thai basil leaves
3 spring onions, halved and shredded
2 red chillies, finely sliced
lime wedges, to serve

1 Heat the oven to 200C/180C fan/gas 6. Season the inside and outside of the chicken with salt, then stuff with the herbs, lemongrass, lime leaves, lime zest and garlic.
2 Heat half the oil in a large flameproof casserole dish and sear the shallots until lightly browned all over. Remove to a bowl. Set aside.
3 Add the rest of the olive oil to the dish along with the red curry paste. Stir for a few minutes until the paste has darkened a little and the aroma has strengthened, then add the chicken, breast-side down, and sear for 2 mins.
4 Remove the chicken and set aside, then add the coconut milk, stock, 1 tbsp fish sauce, the lime leaves and lime juice to the dish. Stir to release any browned bits, then return the chicken to the dish, breast-side up.
5 Cover the casserole dish and put it in the oven. Cook for 40 mins or so, until the chicken is almost cooked through, then remove the lid. Add the seared shallots to the dish, then return to the oven for 20-25 mins, until the sauce has reduced a little and both the shallots and chicken are tender. You can check the chicken for doneness by inserting a probe thermometer into the thickest part of the thigh – it should reach 72C. Alternatively, check that the juices run clear when you insert a skewer and that the legs feel loose.
6 Remove the casserole dish from the oven. Taste the sauce and add more fish sauce, if needed. Leave the chicken to rest for 10 mins, then serve garnished with the herbs, spring onions, chillies and lime wedges on the side. This is good with rice or some noodles with fresh ginger stirred through them.

GOOD TO KNOW vit c
PER SERVING (6) 473 kcals • fat 31g • saturates 11g • carbs 5g • sugars 4g • fibre 2g • protein 42g • salt 1.35g

Full English breakfast pie

Howay – that's Geordie for come on, obvs! What's not to love about this pie, which has the bonus of puff pastry to propel your breakfast favourites into your gob? It's even got built-in ketchup or brown sauce, and I promise it will make you very happy.

SERVES 4 **PREP** 30 mins
COOK 30 mins **EASY**

500g block all-butter puff pastry
plain flour, for dusting
1 small onion, finely chopped
100g bacon lardons
6 eggs
3 sausages, skinned
6 cherry tomatoes, halved
½ tsp dried oregano
2 tbsp ketchup or brown sauce
2 tsp hot sauce
dash of Worcestershire sauce
50g cheddar, grated

1 Heat the oven to 200C/180C fan/gas 6 with a baking tray inside to heat up. Cut off a third of the block of puff pastry and set aside. Roll the larger piece out on a floured surface and use it to line a round pie dish that's about 3cm deep and 20cm in diameter.
2 Mix the onion and bacon together and sprinkle tover the pastry. Crack 4 of the eggs into the pastry case. Pierce the yolks with the tip of a knife and swirl very slightly – you don't want the yolks and whites to combine, but the yolks do need to be broken up a bit. Season with salt and black pepper.
3 Beat the remaining eggs in a bowl. Reserve 2 tbsp for brushing over the pie, and pour the rest into the case.
4 Pinch off small balls, about the size of a large teaspoonful, from the sausages. Drop these into the eggs, spacing them out as evenly as you can. Do the same with the cherry tomatoes, making sure they are cut-side up, then sprinkle over the dried oregano. Combine the ketchup or brown sauce with the hot sauce and Worcestershire sauce. Drizzle the mixture over the pie, then sprinkle over the cheese.
5 Brush the pastry edges with some of the reserved beaten egg. Roll out the remaining smaller piece of pastry and use it to cover the pie. Crimp the edges together to seal, and brush the pie with more beaten egg. Cut two slits in the top of the pie, then put on the heated baking tray in the oven and bake for 25-30 mins until slightly puffed up, crisp and golden. Cool slightly. *Best served at room temperature.*

PER SERVING 822 kcals • fat 53g • saturates 29g • carbs 54g • sugars 6g • fibre 3g • protein 30g • salt 2.82g

> “We knew we couldn't have a sweet tooth section without a chocolate self-saucing pud. Whenever Dave and I had dinner out together, he'd always go for chocolate pudding”

Chocolate & peanut butter puddings

SERVES 6 **PREP** 30 mins
COOK 12 mins **EASY** **V**

- 150g butter, plus a little melted butter, for brushing
- 175g dark chocolate, broken into pieces
- 2 tbsp milk
- ½ tsp vanilla extract
- 3 eggs, plus 3 egg yolks (freeze the whites to use in another recipe)
- 85g caster sugar
- 50g plain flour
- 6 tsp peanut butter (ideally salted)
- 3 tsp raspberry jam
- cream, to serve

1 Brush six small pudding basins with the melted butter. Melt the chocolate, butter and milk in a heatproof bowl over a pan of simmering water, stirring often until smooth. Add the vanilla and a generous pinch of salt, then remove from the heat and cool slightly.

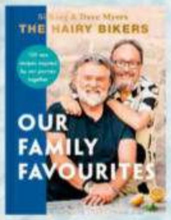
2 Put the eggs, egg yolks and caster sugar in a large bowl, and beat with an electric whisk (or in a stand mixer) until aerated and mousse-like – you should be able trail a ribbon of the mixture across the top without it immediately vanishing.

3 Pour the chocolate mix around the side of the bowl, and sprinkle over the flour. Mix everything together gently – try to avoid knocking the air out. The mixture will turn the colour of milk chocolate.

4 Divide half the mixture between the basins – about 2 tbsp per basin. Put a teaspoon of the peanut butter and half-teaspoon of jam in the centre of each basin, pushin into the chocolate mixture a little so it isn't too raised. Top with the remaining chocolate mixture.

5 Heat the oven to 200C/180C fan/gas 6. Put the puddings on a baking tray and bake for 12 mins, or until risen and set. They may be slightly crisp at the edges and will feel firm and springy when gently pressed. It's fine if they've dipped in the middle, as long as they're set. Leave to stand for 1 min before running a palette knife around the sides. Turn out and serve with cream.

PER SERVING 554 kcals • fat 41g • saturates 23g • carbs 33g • sugars 24g • fibre 4g • protein 10g • salt 0.66g



Recipes extracted from *Our Family Favourites* by The Hairy Bikers (£25, Seven Dials), and not retested by us. Photographs by Andrew Hayes-Watkins.

good FOOD HOLIDAYS

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A trip to the floating city is magical, particularly on the five-star S.S. La Venezia from Uniworld, the only luxury cruise line that sails through the heart of Venice. As well as exclusive out-of-hours sightseeing, you'll meet a celebrated chef – choose to sail with Monica Galetti, James Martin or Angela Hartnett.

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Visit ***gf.tripsmiths.com/monica*** or call **0808 2586791**

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8 days/7 nights,
20 April 2025

Making this trip extra-special is a day in the company of acclaimed chef James Martin, who'll give a talk, take questions and create a mouthwatering gala dinner in the evening. James opened the Hotel and Bistro du Vin in Winchester as head chef aged just 21 and has hosted and featured on many popular shows, including *James Martin's Saturday Morning*. He now runs James Martin Manchester, The Lygon Arms and The Kitchen at Chewton Glen.

Visit ***gf.tripsmiths.com/venice-martin*** or call **03330 601500**

Cruise with Angela Hartnett

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4 May 2025

Joining this cruise for a few days will be Michelin-starred chef Angela Hartnett. Angela has appeared on TV shows including *Tomorrow's Food* and *Best Home Cook*. She is chef-patron for Murano in Mayfair and Café Murano, and works alongside Luke Holder at Lime Wood Hotel. Angela will accompany your group to the famous Rialto food market, and host an exclusive cooking demonstration.

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Celebrate Burns Night

Cook up a feast on Saturday 25 January with our comforting, traditional menu

recipes SAMUEL GOLDSMITH *photographs* HANNAH TAYLOR-EDDINGTON

Venison stew, p104

Rumbledethumps, p104

Venison stew

When sourced from wild deer, venison is one of the most sustainable meats you can buy. It's also a great source of protein and low in fat.

SERVES 4-6 **PREP** 25 mins
COOK 2 hrs 30 mins **EASY**

- 800g diced venison (shoulder or leg works well)
- 2 tbsp vegetable or sunflower oil
- 12 shallots, peeled (see tip below)
- 3 medium carrots, roughly chopped (no need to peel)
- 2 celery sticks, roughly chopped
- 3 tbsp plain flour
- 250ml red wine
- 500ml beef stock
- 2 tbsp tomato purée
- 2 tsp juniper berries, lightly crushed
- 2 bay leaves
- few thyme sprigs
- chopped parsley, to serve (optional)

1 Season the venison and heat 1 tbsp oil in a large pan over a medium heat. Brown the meat all over (it's best to do this in batches). Set aside.
2 Drizzle in the remaining oil, then tip in the shallots, carrots and celery and cook for 10-12 mins over a medium-low heat until softened. Stir the venison back in, then sprinkle in the flour. Stir to coat everything, then cook for a couple of minutes before pouring in the wine. Simmer for a few minutes to cook off the alcohol.
3 Pour in the stock to cover, topping up with 100-200ml water, if needed. Add the remaining ingredients and bring to a simmer. Reduce the heat so that it's just bubbling, then cook for around 2 hrs until the meat falls apart easily. *Will keep frozen for up to three months. Defrost fully before reheating.* Scatter with the parsley, if using. Serve with rumbledethumps.

GOOD TO KNOW healthy • low fat • iron • 2 of 5-a-day
PER SERVING (6) 290 kcals • fat 7g • saturates 2g • carbs 14g • sugars 7g • fibre 4g • protein 34g • salt 0.4g

tip

To peel the shallots easily, soak in boiling water for 5-10 mins before draining then peeling.

Rumbledethumps

This traditional Scottish dish is made using potato and cabbage (you can use leftover boiled potatoes and cooked cabbage rather than cooking from scratch). Onions and swede are always popular additions.

SERVES 6 **PREP** 20 mins
COOK 1 hr **EASY** **V**

- 700g potatoes, roughly chopped
- 300g swede or turnips, roughly chopped
- 100g butter
- 300g savoy cabbage, sliced
- 2 onions, roughly chopped
- 50g mature cheddar, grated (optional)

1 Bring a large pan of salted water to the boil and cook the potatoes and swede for 15-20 mins until cooked through. Drain, reserving the water, then pour the water back into the pan and bring to the boil again. Meanwhile, mash the potato and swede with half the butter and a good pinch of salt and pepper, then set aside.
2 Once the water is boiling again, cook the cabbage for 3-4 mins until tender but still a vibrant green. Drain and add to the potato and swede mix.
3 Heat the oven to 200C/180C fan/gas 4. Heat the remaining butter in a pan over a medium-low heat and fry the onions for 8-10 mins until softened but not golden. Stir into the potato mix, then spoon into an ovenproof dish, top with the grated cheese, if using, then bake for 25-30 mins until the top is golden brown.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free
PER SERVING 274 kcals • fat 17g • saturates 10g • carbs 23g • sugars 5g • fibre 4g • protein 5g • salt 0.48g

Raspberry shortbread crumble

Frozen raspberries are great for when fresh raspberries aren't in season, but feel free to swap for fresh in summer.

SERVES 6 **PREP** 20 mins
COOK 30-40 mins **EASY** **V**

- 500g frozen raspberries
- ½ tbsp caster sugar
- ½ lemon, zested and juiced
- whipped whisky cream, to serve (see tip below; optional)

For the crumble topping

- 200g plain flour
- 100g cold butter
- 50g light brown soft sugar
- 25g oats
- 50g all butter shortbread biscuits, lightly crushed

1 Heat the oven to 180C/160C fan/gas 4. Toss the raspberries, sugar, lemon zest and juice together and tip into an ovenproof dish.
2 For the crumble, use your fingertips to rub the flour and butter together until they resemble breadcrumbs (you can also do this in a food processor), then fold in the brown sugar, oats and biscuits.
3 Scatter the crumble over the raspberries ensuring everything is covered, but don't pack down too tightly. Bake in the oven for 30-40 mins until the crumble is golden. Serve with whipped whisky cream, if you like (see below).

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 375 kcals • fat 17g • saturates 10g • carbs 47g • sugars 15g • fibre 5g • protein 5g • salt 0.40g

tip

Whipped whisky cream

Pour **250-300ml double cream** into a large bowl with **1 tbsp whisky** and **1 tsp icing sugar**. Whip together until the cream just holds its shape.

Shoot director FREDDIE STEWART | Food stylist LIBBY SILBERMANN | Stylist TAMSIN WESTON

Raise a glass

Keep colds at bay by mixing a refreshing mocktail and shop for drinks to brighten up those grey days

recipe SAMUEL GOLDSMITH *photograph* CHELSEA BLOXSOME

Immune-supporting mocktail

If you're a bit under the weather, ginger-based drinks may help – fresh ginger is thought to have antiviral effects. Plus, the orange will provide a hit of vitamin C.

MAKES 1 **PREP** 5 mins **EASY** **V**

20g ginger, peeled and roughly chopped
1 large orange, peeled, any pith removed
½ lemon, juiced
½ tsp apple cider vinegar
1 tsp honey
ice, to serve
soda water, to top up (optional)

1 Put the ginger, orange flesh, lemon juice, vinegar and honey in a blender. Blitz until smooth. Strain through a fine sieve into a jug, pressing down with the back of a spoon to extract as much liquid as possible.

2 Pour into an ice-filled tumbler and top up with soda water, if you like.

GOOD TO KNOW low fat • vit c • 1 of 5-a-day • gluten free

PER SERVING 105 kcals • fat 0.4g • saturates 0.1g • carbs 23g • sugars 22g • fibre 2g • protein 2g • salt 0.01g

Best buys LUCY ROXBURGH | Shoot director RACHEL BAYLY
Food stylist JACK SARGESON | Stylist HANNAH WILKINSON

Best buys

OUR TOP PICKS FOR JANUARY

BEER

LANCASTER RED

Here's a classic 4.9% ABV English ruby beer that's rich and robust. It's also vegan, so safe to enjoy throughout January (and beyond) if you're going plant-based. **£32.95 (12 x 500ml bottles),** ***bestofbritishbeer.co.uk***

NO-ALCOHOL

HOLY FAITH

Hazy and crisp Holy Faith pale ale from Northern Monk brewery in Leeds is a great pick-me-up for dark January evenings. And, at 0.5% ABV, you won't have to worry about the next morning! **£19.95 (six 330ml cans),** ***bestofbritishbeer.co.uk***

LIQUEUR

MAMMA MIA LIMONCELLO

Daydream of sunnier days with this zesty limoncello. It's less sweet than many traditional options – ideal for sipping or mixing into a spritz. **from £28.94 (70cl; 24% ABV),** ***limoncellomammamia.it***

RUM

MODERN ART DISTILLERY STRAWBERRY & WILD HONEY RUM

Need more sunshine? This Caribbean spiced rum is blended with strawberries and wildflower honey for a well-rounded finish. **£42 (70cl; 41% ABV),** ***modernartdistillery.com***

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and make a note of the latest cookbooks and events to catch

Cook the books

Beetroot & feta chaat, p115

Out & about

Visit a festival near you, p117

Next level

Veg chilli, p110

LEARN SOMETHING NEW

What is wok hei?

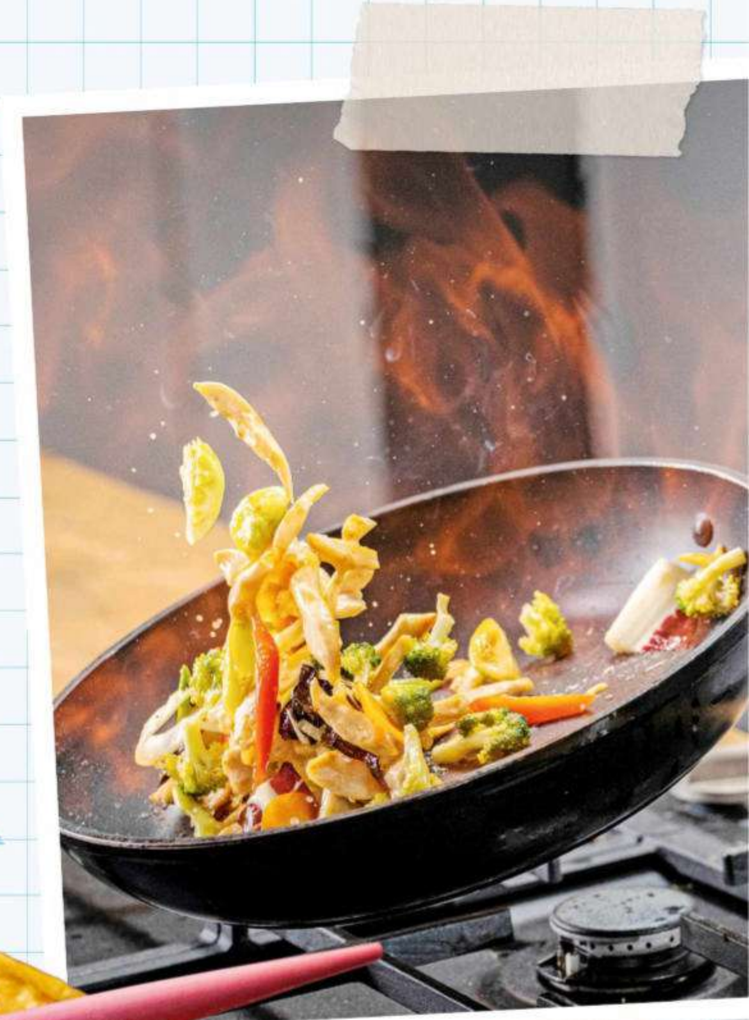
Cooking is science – master that and you'll never get a dish wrong

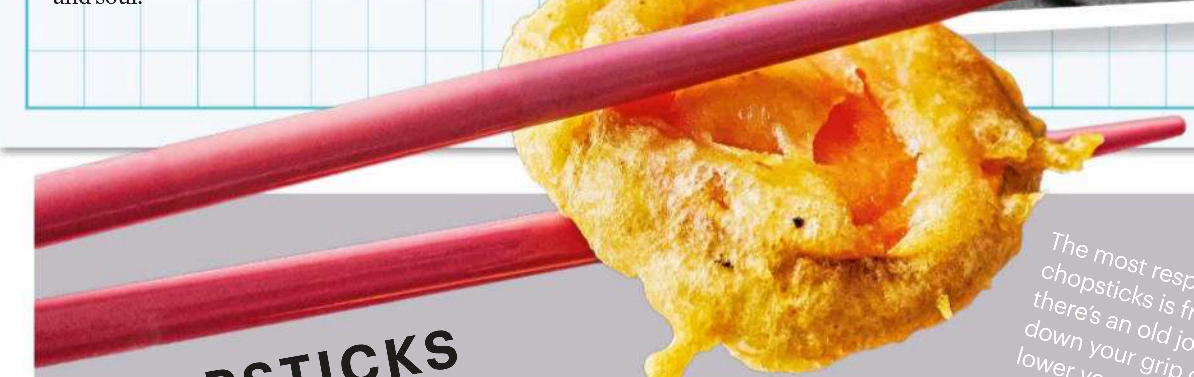
Meaning "breath of the wok" or "wok aroma", wok hei refers to the unique, smoky aroma and complex flavour imparted to dishes when stir-fried over a very high heat. Similar to that distinctive, smoky, caramelised taste you get from charring meat on a grill or barbecue, in wok cooking this comes from the intense heat of the wok and the rapid movement of food across its surface. When the flames below are high enough, they come over the side of the wok and make contact with the oil to create little bursts of flames that char the food as it's tossed around.

- **To achieve wok hei**, the cooking must be fast and fierce. The high heat sears the food instantly, caramelising the sugars and proteins to create a deep, savoury flavour. This process elevates a simple dish to something with depth and soul.

- **Wok hei is all about balance** – too little heat and the food steams instead of sears. To master it, use a well-seasoned, carbon steel wok, heat until it's nearly smoking, and cook your ingredients in small batches to ensure everything touches the hot metal surface. Once charred, tip into a bowl and then bring everything together with some aromatics. Tossing the food frequently ensures it cooks evenly and helps infuse it with breath of the wok. In Chinese culture, wok hei symbolises the life force and energy of the cook, bringing good fortune and vitality to every meal.

LUNAR NEW YEAR MENU
Test your wok hei skills with Ching's celebration dishes on page 34.





CHOPSTICKS ETIQUETTE

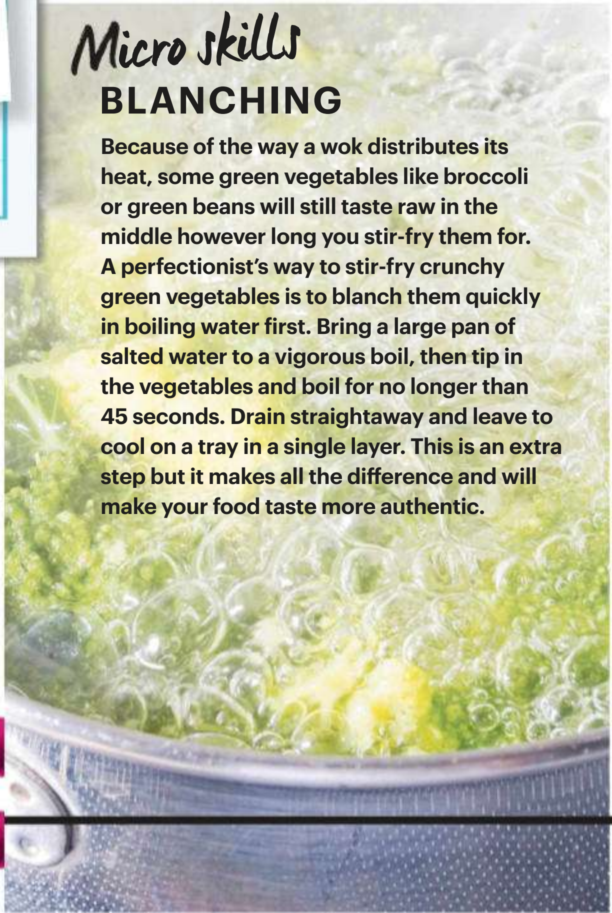
When larger dishes are being shared among guests, it's good manners to provide a serving set of chopsticks for each dish as well as individual sets for people to eat with. That way you also eliminate double-dipping.

The most respected way to hold chopsticks is from the very top – there's an old joke that says the lower down your grip on the chopsticks, the lower your class. It's also said that the motion of the chopsticks as you use them should look like a pecking swan.

Whip up a Lunar New Year's feast with tips and tricks from chef **Ching-He Huang**

The power of cornflour

Cornflour is the most underestimated ingredient in Chinese cooking. It thickens sauces magically and gives them a translucent shine which marries together the meat, vegetables and sauce so they become one dish. The ratio you need to make it into a thickening agent is two-to-one water to cornflour. This is mixed together into a slurry and then stirred into a simmering sauce. Once added it's very important that the sauce boils for a moment to cook everything out. Once the sauce is thick, glossy and velvety, it's ready to serve.



Micro skills

BLANCHING

Because of the way a wok distributes its heat, some green vegetables like broccoli or green beans will still taste raw in the middle however long you stir-fry them for. A perfectionist's way to stir-fry crunchy green vegetables is to blanch them quickly in boiling water first. Bring a large pan of salted water to a vigorous boil, then tip in the vegetables and boil for no longer than 45 seconds. Drain straightaway and leave to cool on a tray in a single layer. This is an extra step but it makes all the difference and will make your food taste more authentic.

THE ONE

We asked the cookery author and TV chef, 'What's the one…'

…dish you cook at home better than anyone else? I don't think my lobster noodles can be beaten. I use proper yellow bean sauce, fresh spring onion and the freshest lobster I can find.

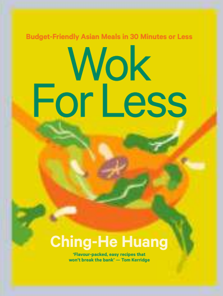
…piece of kit you can't live without? Not for me personally, but if someone isn't confident with their knife skills then a mini chopper is a great tool to get aromatics like ginger, garlic and chilli chopped for stir-frying. For me, though, the two bits of kit I couldn't cook without are my wok and my cleaver.

…mistake home cooks make? Adding soy sauce too early in the stir-fry process. The seasoning should always come at the end to keep things light and fresh. If you add it at the beginning it's just going to burn and taste horrible. By 'seasoning' I mean sauces like dark and light soy sauce or oyster sauce which always come at the end of cooking.

…dish you judge a restaurant by? If they make their own own dim sum and serve good Peking duck like Gouqi does in central London then you know you are in a good Chinese restaurant.

…dessert you can't not order? I love Chinese egg custard tart. I don't mind if it's plain or it follows the trend of topping with berries – it's my favourite.

…storecupboard ingredient you won't compromise on? Shaoxing rice wine – I only use the Taiwanese TTL brand. Its quality is far superior to most other brands you get in the UK.



Wok For Less: Budget-Friendly Asian Meals in 30 Minutes or Less by Ching-He Huang (£25, Kyle Books). chinghehuang.com @chinghehuang.

Photographs ISTOCK / GETTY IMAGES PLUS, KIRSTIE YOUNG

Next level

VEG CHILLI

Elevate your chilli game with this hearty vegan recipe packed with smoky sweetness and spice

recipe BARNEY DESMAZERY *photograph* TOM REGESTER

This chilli is the epitome of veggie comfort food, layering smoky, sweet, and spicy flavours. The deep, earthy heat of chipotle paste pairs perfectly with toasted spices. We've bulked things out with roasted sweet potatoes which bring a caramelised sweetness that contrasts beautifully with the rich, spiced tomato base, while dark chocolate adds a velvety finish. Ensure the stock and dark chocolate are vegan, if needed.

SERVES 4-6 **PREP** 30 mins
COOK 50 mins **EASY** V ❄

- 2 tsp black peppercorns
- 2 tbsp cumin seeds
- 2 tbsp coriander seeds
- 2 tsp smoked paprika
- 2 tsp dried oregano
- 2 large or 3 small sweet potatoes, peeled and cut into roughly 4cm chunks (no need to peel)
- 3 tbsp vegetable oil
- 2 onions, finely chopped
- 6 garlic cloves, finely chopped
- 1-2 tsp chipotle paste, to taste
- 1 tbsp smooth peanut butter
- 2 tbsp apple cider vinegar
- 2 x 400g cans chopped tomatoes
- 1 vegetable stock pot or cube
- 2 bay leaves
- small cinnamon stick
- 10g dark chocolate (70-80% cocoa solids)
- 400g can black beans, drained but not rinsed
- 2 tbsp sliced jalapeños (optional)
- handful of chopped coriander and tortilla chips and guacamole or cooked rice, to serve (optional)

1 Heat the oven to 210C/190C fan/gas 7. Toast the peppercorns, cumin and coriander seeds in a small frying pan until lightly browned, then grind to a powder using a pestle and mortar or spice grinder. Mix with the paprika and oregano. Toss the sweet potato with 1 tbsp of the oil and a quarter of the spice mix, season with salt, then spread out on a baking tray. Roast for 25-30 mins, turning halfway, until golden and tender. Set aside.

2 Heat the remaining oil in a flameproof casserole dish over a medium heat. Fry the onions for 12-15 mins until soft and golden, then add the garlic and cook for another minute. Stir in the rest of the spice mix, the chipotle paste and peanut butter and cook for 2-3 mins until fragrant and thick.

3 Splash in the vinegar and cook for 1 min, then add the tomatoes. Stir and simmer for 10 mins until it's a thick paste. Pour in 300ml boiling water and add the vegetable stock pot, stirring well to combine, then add the bay leaves, cinnamon stick, and some salt. Bring back to a simmer, reduce the heat and bubble for another 10 mins, stirring.

4 Grate in the dark chocolate and stir well. Add the roasted sweet potatoes, black beans and jalapeños, if using, and simmer for 5 mins. *Will keep frozen for up to three months. Defrost before reheating.* Bring the dish to the table, scatter over the coriander and serve with your favourite accompaniments.

GOOD TO KNOW vegan • fibre • vit c • iron • 3 of 5-a-day

PER SERVING (6) 287 kcals • fat 10g • saturates 2g • carbs 36g • sugars 17g • fibre 11g • protein 8g • salt 1.01g

Shoot director LAURIE NEWMAN | Food stylist ROSIE REYNOLDS | Stylist MAX ROBINSON

next month
BEEF HOTPOT
Make a classic warming stew topped with crispy potatoes in our next issue (on sale 23 January).

Our top tips

SPICE MASTERY

The toasted spices add depth of flavour to this chilli, while grinding them ensures maximum intensity.

CHECK THE LABELS

Make sure the chocolate and stock you use is vegan for a meat-free dish everyone will love.

SWITCH UP THE VEG

We've used sweet potato in our chilli, but you can swap it out for squash or aubergine.

PEANUT BUTTER POWER

Peanut butter brings creaminess and thickens the chilli. Use almond butter, if you prefer.

CHOCOLATE HIT

Dark chocolate adds richness, but for this to work, use a good-quality chocolate that's more bitter than sweet.

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CHICKEN WITH HARISSA HONEY BUTTER
CURRIED FISH PIE
TIRAMISU BROWNIES
+ HOW TO HOST FRENCH-STYLE + WHERE TO EAT AND DRINK IN THE COTS
+ DO HEALTH SUPPLEMENTS REALLY WORK? + VIBRANT VIETNAMESE RE
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DONNA HAY'S EASY ENTERTAINING DISHES
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MINDFUL WAYS TO KEEP CALM
+ RICH DUCK AND RED WINE RAGU + ONE-POT SMOKY PANCETTA PASTA
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5 OF THE BEST BLENDERS

Whip up smoothies and soups in a flash using models tried and tested by our experts

words NATALIE BASS

Best for portability

Ninja Blast

Perfect for blitzing and blending on the go, this powerful cordless gadget produced smooth and consistent results on test. It comes with a rechargeable motor base, 530ml blending cup, cup cover, and blade cover, and you'll need to charge it for at least two hours before first use. The sip lid is designed to be leak-proof, too, so you can pop it in your bag without worrying.

Available from Ninja (£49.99), John Lewis & Partners (£45)

Best for families

Nutribullet Smart Touch

This gadget is ideal for blitzing large quantities. Everything about the design is user-friendly, from the brightly lit display to the sturdy handle. There are four speeds to choose from, and presets for smoothies, frozen drinks, soups and purées. It's noisy, but aside from that, it's a quality piece of kit that's built to last.

Available from JD Williams (£149.99), Currys (£148)

Best high-tech blender

Sage the Super Q

Where most blenders generate a lot of noise, this Sage blender's USP is that it's extra-quiet. It has all the makings of a professional-level piece of kit, but has been designed with the home user in mind: simple preset functions, an in-built timer, handy tools for scraping down the jug, and a personal blending cup attachment. Most importantly, we found the blitzing results were excellent.

Available from Sage (£599.95), Harts of Stur (£598.95)

Best jug blender

Zwilling Enfinigy blender

This model has a smart, minimal design. Available in matte black or silver, it's relatively compact and is built with 12 speed settings, as well as pulse and presets for smoothies, ice crushing, cocktails and cleaning. The 1.4-litre jug is just big enough for most tasks, and a tamper can be inserted into the lid to stir ingredients during blending.

Available from Zwilling (£199), Currys (£199)

Best blender with grinder

Lakeland tabletop blender

The combination of a stainless-steel base and grinder, coupled with the thick 1.5-litre glass jug, makes this one sturdy blender. On test we found it fast and effective, blitzing tougher ingredients like fibrous vegetables with ease. Smells don't linger in the grinder, so you can switch from coffee to spices with just a thorough wash in between. The 60-second ice programme also worked well for making frozen margaritas.

Available from Lakeland (£74.99), Amazon (£74.99)

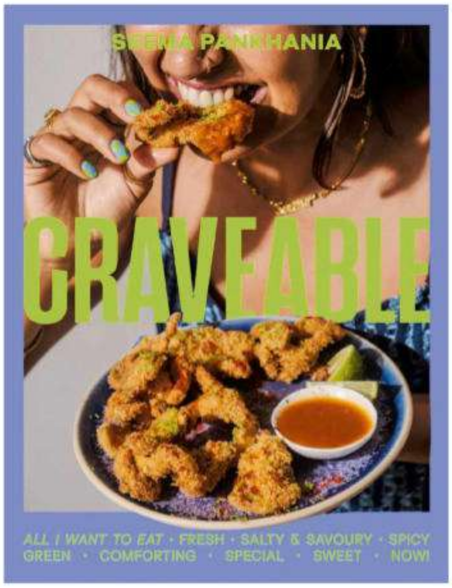
HOW WE CONDUCT OUR REVIEWS

We test and research a range of products in each category to ensure every budget is represented. Products must meet criteria to be shortlisted, including nationwide availability through an online retailer. Shortlists for testing always include a minimum of 10 products. Test matrices have specified testing criteria, including sustainability, energy usage and packaging.

BOOKS *for* COOKS

Good Food's Fiona Forman tries Indian street food from *Craveable* by **Seema Pankhania**, plus more from the latest cookery titles

photograph HAARALA HAMILTON


SEEMA PANKHANIA
CRAVEABLE
ALL I WANT TO EAT · FRESH · SALTY & SAVOURY · SPICY
GREEN · COMFORTING · SPECIAL · SWEET · NOW!

This book is packed with tempting, fun recipes, perfect for weekend cooking. Food writer Seema's love of food came from her mum, who always cooked from scratch and made curries, dal, pickles, rice and poppadoms every night: "Looking back now, it really was a feast to be eating like this, especially when my mum was doing this every day whilst also juggling two jobs and two kids. I didn't appreciate it at the time, but I find it astonishing now."

At the age of 13, Seema was diagnosed with cancer and had to take a year off school, so during that time, she honed her cooking skills: "I ended up spending a year at home watching TV and baking to my heart's content, and by the time I was well enough to return to school, I was baking all my friends' birthday cakes and even selling a few on Facebook!"

After that, she knew she wanted to pursue a career in food, and after leaving uni, worked in restaurants, including a trial shift at Gordon Ramsay's Lucky Cat. From there, her career took off. This is her first book, divided into 'cravings' – including fresh, spicy, comforting and sweet – so you can turn to whichever chapter you fancy, depending on your mood. There's so much in here I want to try, from the sizzling brown butter tandoori lamb chops, to her ultra-fudgy brownie recipe (Seema sold hundreds of boxes of them each week during Covid lockdowns, so you know they're going to be good!).

After the richness of December and Christmas cooking, when I feel like I'm about 90 per cent Terry's chocolate orange, I really crave fresh flavours and spice. So, I decided to make the beetroot & feta chaat (opposite) to tick all those boxes: it's fresh, zingy, sour and crunchy, with layers of flavours and texture. By using ready-cooked beetroot, it only takes 15 minutes to make and keeps well overnight, so it's ideal for lunchboxes. (I kept the tamarind dressing in a separate pot and poured it over at the last minute). And, if you buy a bigger bag of Bombay mix, you've got some left over for snacking – win, win!

KATY BESKOW
VEGAN PANTRY

***The Vegan Pantry* by Katy Beskow (£22, Quadrille)**
Eating a plant-based diet is good for both you and the planet, so if you're looking to cut down on meat this year, this book has plenty of inspiration for getting started.

Katy chooses 10 staple everyday ingredients, like canned tomatoes and pasta, and uses them to make 100 delicious recipes, which include everything from chilli & chocolate enchiladas, to peanut butter black bean burgers.

MASTER THE ART OF WOK COOKING
THE GOLDEN WOK
DIANA CHAN

***The Golden Wok* by Diana Chan (£26, Hardie Grant)**
If you're looking to master a new culinary skill this year, why not try wok cooking? This book has all the tips and tricks you'll need and, most importantly, inspiring recipes.

The recipes are mainly Malaysian, but have a sprinkling of Chinese, Korean and Japanese influences throughout. Highlights include kung pao chicken, five-spiced salt & pepper tofu, and fried banana dumplings.

Beetroot & feta chaat

SERVES 4 as a side, 2 as a main
PREP 15 mins **NO COOK** **V**

- 250g cooked beetroot
- 2 large tomatoes, core removed
- 400g can chickpeas
- ½ red onion
- 2 green finger chillies
- small handful of mint
- 3 tbsp tamarind paste
- 2 tbsp honey, brown sugar or agave syrup
- ½ tsp ground cumin
- 200g Greek yogurt
- 100g feta
- 100g Bombay mix
- small handful of pomegranate seeds (optional)

1 Cut the beetroot into large chunks and the tomatoes into small pieces. Drain and rinse the chickpeas. Finely chop the red onion, chillies and mint.

2 Make the tamarind dressing by combining the tamarind paste with the honey, 2 tbsp water and a pinch of the ground cumin.

3 Combine the beetroot, tomatoes, chickpeas and onions in a bowl, and lightly season with salt. Spread the yogurt over a serving plate and top with the beetroot mixture. Drizzle over the tamarind dressing and crumble over the feta, then sprinkle over the chopped mint, chillies and the Bombay mix.

4 Finish with the pomegranate seeds, if using, and the remaining ground cumin.

GOOD TO KNOW folate • vit c • 3 of 5-a-day
PER SERVING 454 kcals • fat 20g • saturates 8g • carbs 44g • sugars 26g • fibre 10g • protein 18g • salt 1.44g

Recipe extracted from *Craveable* by Seema Pankhania (£22, Penguin Michael Joseph), out now. Photographs Haarala Hamilton.

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GET OUT AND ABOUT

Welcome in the new year with a live art performance, a visit to a supper club or a Burns Night ceilidh

compiled by RACHEL GUNTER

London Art Fair

22-26 January

Explore an exceptional line-up of modern and contemporary art galleries from across the globe, and experience sensational live performances, talks and tours.

Where: Business Design Centre, London

Tickets: from £21.50, *londonartfair.co.uk* (use code 'GOODFOOD20' for 20% off general admission tickets*)

Skate Bournemouth

Until 5 January

If you're looking for some post-Christmas fun, Bournemouth's ice rink will be open for a limited time. Enjoy some skating, then wind down in the Alpine bar.

Where: Lower Gardens, Bournemouth

Tickets: adults from £15, children from £12.50, *iceskatebournemouth.co.uk*

Syrian Supper Club, Edinburgh

23 January

Enjoy an evening of delicious food and an opportunity to meet new people. Learn about chef Noura Selibi's food journey, the history and culture of Syria and the incredible dishes that originate from there.

Where: Coffee Saints, 2a Little King Street, Edinburgh

Tickets: adults £35, children £17.50, *cyrenians.scot/events/fundraising-events/900-syrian-supper-club-23-january-2025*

Cardiff Winter Wonderland

Until 5 January

Cardiff's Winter Wonderland will still be open in the first week of the new year to keep the holiday spirit alive.

Where: City Hall Lawns and Castle Grounds, Cardiff

Tickets: from £4.25, *cardiffswinterwonderland.com*

Burns Night at Warwick Castle

25 January

Enjoy an authentic Scottish menu in the spectacular Great Hall and State Rooms. Get dressed up and feast on a three-course dinner before dancing the night away with a medieval ceilidh.

Where: Warwick Castle

Tickets: £110, *warwick-castle.com/explore-1/events/themed-dining/burns-night*

LONDON ART FAIR

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good FOOD HOLIDAYS

Enchanting escapes

Enjoy timeless treasures on expert-guided tours of Italy and Spain

Grand Tour of Sicily – Taormina, Syracuse and Mount Etna

11 days/10 nights from £2,499pp*, April 2025-Oct 2025

From ancient Greek temples to well-preserved Roman mosaics, rocky coastlines, sandy beaches and ornate Baroque architecture, Sicily has it all.

Your tour includes

- Return flights and transfers
- 10 nights in four-star hand-picked hotels
- Daily breakfast and dinners, plus two lunches
- Expert Riviera tour manager looking after you throughout
- Checked luggage
- Free Wi-Fi in the hotels
- All hotel taxes

8 included experiences

- Three guided tours including Valley of the Temples, Palermo's Norman Palace and Roman Villa at Piazza Armerina
- Four visits including Cefalù, Taormina and Mount Etna
- Enjoy authentic Sicilian food at a local agriturismo restaurant

Grand Tour of Lake Como, Milan and the Bernina Express

11 days/10 nights from £2,569pp* May 2025-Sept 2025

Combining the beautiful Lake Como and Lake Maggiore with chic Milan, this Grand Tour explores some of the highlights of northern Italy and Switzerland, including a jaw-dropping journey on the Bernina Express.

Your tour includes

- Direct return flights and transfers
- 10 nights in three- to four-star hand-picked hotels
- Daily breakfast and seven dinners
- Expert Riviera tour manager looking after you throughout
- Checked luggage
- Free Wi-Fi in the hotels
- All additional hotel taxes

9 included experiences

- Five visits including Bellagio, Stresa on Lake Maggiore, St Moritz, Lugano and Monza
- Three guided tours including Milan and Isola Bella
- An unforgettable journey on the Bernina Express

Western Sicily, Palermo and the Aeolian Islands

Eight days/seven nights from £1,519pp*, April-Oct 2025

Sample another side of Sicily's culture in the volcanic Aeolian island Lipari, with its captivating waterfront and a marsala tasting. Cruise the Aeolian Islands and visit Erice, a stunning microcosm.

Tour includes

- Seven nights in four-star accommodation, with daily breakfast and four dinners
- Return flights and transfers
- The services of our insightful tour manager

9 included experiences

- Three guided tours including Erice and Palermo
- Four visits including Madonie Regional Natural Park and Palermo's Norman Palace
- Cruise the Aeolian Islands
- Enjoy a tasting of marsala wine and learn about the ancient craft of salt-panning

Prices from £1,069pp*

Classical Spain – Seville, Córdoba and Granada

Seven days/six nights from £1,069pp*, Feb-Nov 2025

Andalucía is one of the most beautiful corners of Europe. Immortalised by the writings of Ernest Hemingway, it is the Spain of Carmen, Figaro and flamenco.

Your tour includes

- Return flights from regional airports with hotel transfers
- Six nights in three-star superior and four-star accommodation with daily breakfast, inclusive of taxes
- The services of our tour manager

7 included experiences

- Two guided tours including Seville and the historic Mezquita
- Four visits including Granada, the Alhambra Palace and Córdoba

Sardinia – Alghero, Costa Smeralda and Corsica

Eight days/seven nights from £1,459pp*, April-Oct 2025

Experience another side of Italy, with pristine beaches and traditional villages.

Tour includes

- Seven nights in four-star accommodation, with daily breakfast and four dinners
- Return flights and transfers
- The services of our insightful tour manager

7 included experiences

- Two guided tours including Alghero and Bonifacio
- Enjoy a wine-tasting in one of the finest wine-growing areas in Sardinia

Spain's Basque Country, La Rioja & Burgos

Eight days/seven nights from £1,449pp*, April-Oct 2025

Experience fascinating Basque culture along the Camino de Santiago pilgrimage route.

Your tour includes

- Return flights from regional airports with hotel transfers
- Seven nights in four-star accommodation, with daily breakfast and one dinner
- The services of our experienced and insightful tour manager

10 included experiences

- Four guided tours including Bayonne, Burgos and Pamplona
- Four visits including Santillana del Mar and a rioja vineyard

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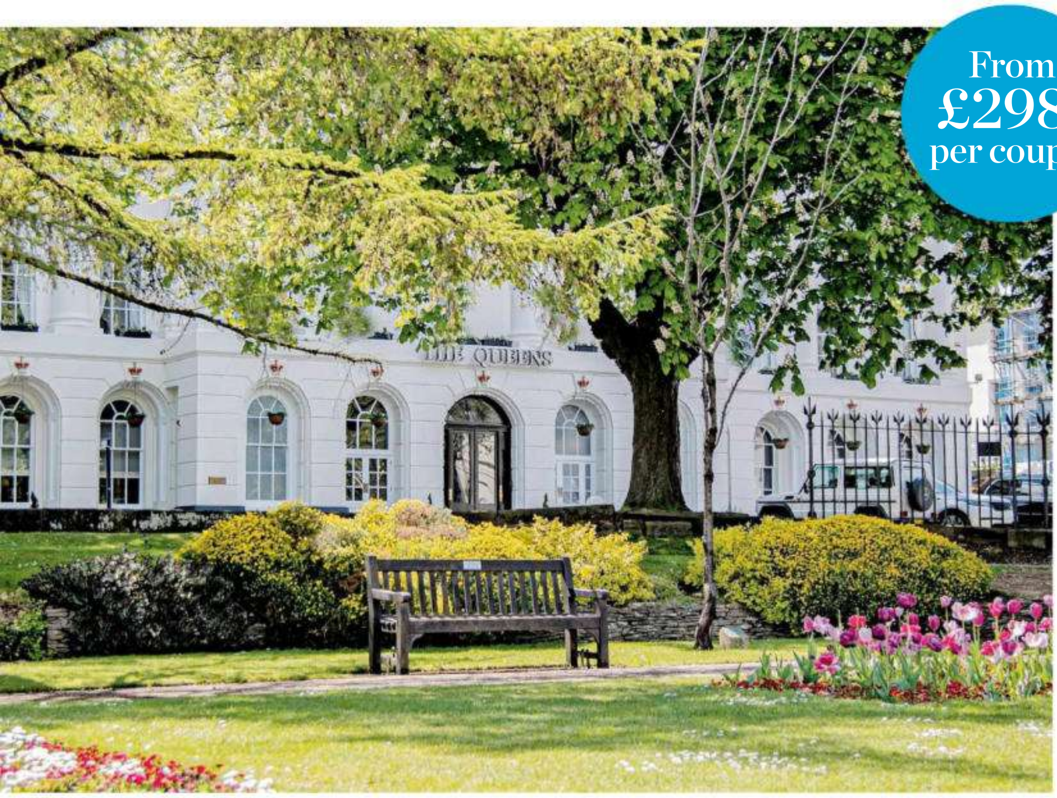
good FOOD **HOLIDAYS**

Enjoy up to 30% off a relaxing stay in beautiful Cheltenham



From
£298*
per couple

The Grade II-listed and much-loved Queens Hotel was once described as one of the noblest buildings of its kind in Europe. It sits in a landmark position in the heart of Regency Cheltenham, overlooking the beautiful Imperial Gardens, just a short stroll from the town centre.

With this exclusive offer you could save up to 30% on a short break, paying just £298* per couple for two nights' comfortable accommodation, full English breakfast each morning, dinner on one evening in the hotel's acclaimed Victoria's Restaurant and a complimentary drink on arrival.

The hotel, which opened in July 1838 and was named in honour of Queen Victoria in her coronation year, is a stunning example of neo-classical architecture, with its imposing white façade of Roman temple scale, adorned by over 50 Corinthian columns, carved cornices and Georgian windows.

Inside this striking Regency building you will find 84 individually designed bedrooms, with sleek interior design details, flat-screen TVs, free Wi-Fi, indulgent British-made organic toiletries from 100 Acres and complimentary mineral water.

Whether choosing a full English or continental breakfast, you can look forward to indulging in homemade bread, which is baked fresh every morning.

On one evening you will dine in Victoria's, which has played host to dignitaries, celebrities and key town events for the last 185 years.

The varied menu showcases the finest locally sourced produce with perfectly crafted dishes that combine British flavours with international flair, all complemented by an extensive list of drinks including wine from local award-winning producer Woodchester Valley Vineyard and Hawkstone beer.

The Queens Hotel is perfect for a relaxing break, short wanders around the trendy Montpelier district, a visit to the famous Cheltenham racecourse or touring the beautiful Cotswolds.

SCAN ME

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Terms & conditions: *Offer based on two people sharing a double/twin classic bedroom and valid on stays from 1 January-30 May 2025, subject to availability of allocated rooms. Some date restrictions during the Cheltenham Races (10-14 March and 24-27 March). A £50 supplement applies for Saturday night stays. Full pre-payment required, and bookings cannot be cancelled, transferred or refunded.

planet-friendlier

CHANGING OF THE seasons

Is climate change altering the calendar for harvesting fruit and veg? Here's food for thought, plus a few recipes to help reduce your impact on the environment

words LULU GRIMES

We say that eating seasonally is more 'sustainable' but what does that really mean? Seasonality is a much-used term when we talk about produce, and we assume that each season gives rise to certain foods appearing in shops without taking stock of how climate change might affect the usual pattern. Last year wasn't like the year before, or the year before that – rainfalls varied, light levels fluctuated, it got hot and cold at inappropriate moments, and yet we expect what we eat, and when we can eat it, to remain the same.

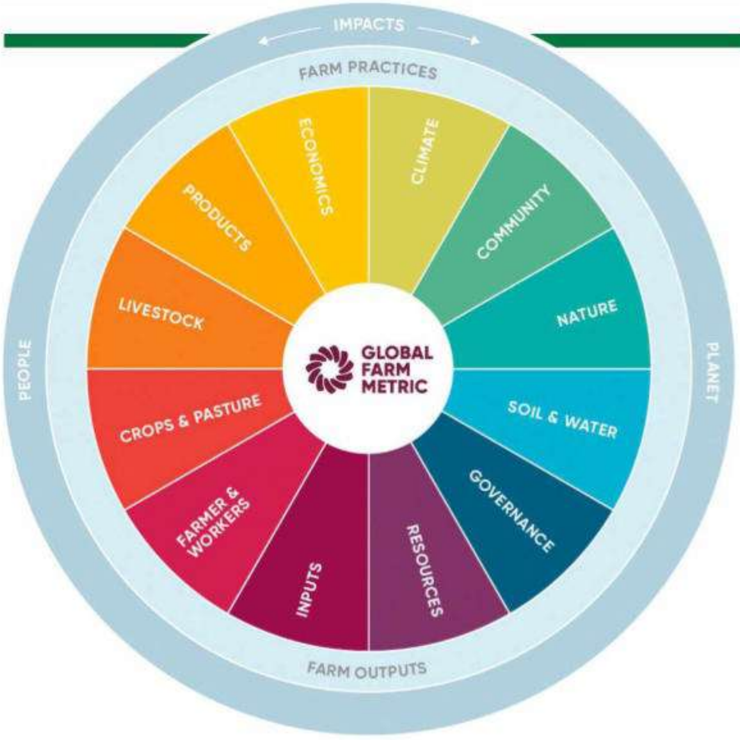
Climate change is blurring the edges of the seasons and extending our window to grow produce, estimated as a month longer than the 1960s according to the Royal Meteorological Society (technically the growing season starts when the temperature gets to five degrees Celsius or more for five consecutive days and ends when the temperature drops below five degrees or more for five consecutive days). Mild weather means the arrival of asparagus gets earlier each year, so there's no waiting around for 23 April for the traditional start of the season.

While that's good news for asparagus growers and enthusiasts, extreme weather events such as flooding and drought are more common, and changes in temperature, light and rainfall can be detrimental to other crops. Across the last two years the UK had the wettest 18 months since records began, meaning flooded farms, waterlogged soil and, according to DEFRA, veg production was down 4.9 per cent and fruit 12 per cent. Last year was dismal for potatoes and DEFRA have estimated that the wheat harvest could be the second worst since records began. The first ever food security index was published by the government in 2024 to track the increasing threats to food supply.

Our weather is no longer reliably 'seasonal', and we need to be more aware of what that might mean in relation to what we eat. Where crops are grown may also change as growing conditions become more favourable in some places. Vineyards have sprung up all over the south of England and our sparkling wines are global award winners, though the September rain last year made 2024 challenging for vineyards, too.

Who knows what 2025 will bring, but it pays to keep an eye on the weather and to be a little more curious about what is really in season and when. See our guide for what to eat now from page 77.

Photographs NICK MEASURES/MOMENT/GETTY



What do we mean by sustainability?

It might seem strange to have to qualify what 'sustainable' means but there are so many different (and differing) explanations that it seems sensible to lay out what we mean when talking about growing food.

This colourful chart is a framework set up by **The Global Farm Metric** to help farmers 'understand, measure and monitor the environmental, social and economic state of their farm, the practices they use, the outputs from the farm, and the impacts these have on the world beyond the farm'.

Sustainability is a measure of everything in this illustration. It is holistic and encompassing, unlike a term like 'net zero' which only has one measure – greenhouse gases. The pursuit of one measure in isolation is never sensible as it may lead to unintended consequences in others. When we talk about sustainability we are trying to think in the round. ***globalfarmmetric.org***

Things to know when shopping seasonally

Seasonality + organic

We asked veg box suppliers Abel & Cole to tell us how growing produce organically could affect seasonality, and they told us that, "in regard to the UK season, we often find that organic crops can start a little later and finish a little earlier as organic farmers have fewer options to combat pests and diseases." So, you might have to wait a little longer for organically grown produce to arrive in shops.

Produce from abroad

Not everything that we eat comes from the UK. According to Fairtrade, we eat over 5 billion bananas every year. Bananas are not native or seasonal to us, but they are a year-round fruit that we probably couldn't now do without, and luckily, they arrive here by boat which gives them a lower carbon footprint. Other fruit and veg from abroad that we don't (yet) grow here arrives when it is seasonal in its country of origin. For example, we get avocados, melons, beans and pulses and mangoes from Spain, and because it's close to us, this produce can come by boat and not via air freight. A good way to enjoy organic produce when it's ripe is to seek out suppliers who are signed up to crowd-farming *(crowdfarming.com/en).*

Veg boxes

If you buy your fruit and veg from a supplier who mainly uses local farmers, then you'll have to eat what's seasonally available, when it's available. Schemes such as Riverford and Abel & Cole are widely accessible and there are likely to be local companies near you. A veg box scheme helps you eat more sustainably; providers often also work hard to strip out unnecessary packaging to cut down their carbon footprint and offer more efficient deliveries.

Meat and fish

Both are also seasonal and can often be cheaper at certain times of the year. Take lamb at Easter, depending on where Easter falls (later in April this year), lamb can be hard to come by. Much of it is brought in from the other side of the world. Eat it later in summer and it will be a seasonal meat grown in this country. Wild venison is also seasonal. It is shot out of breeding season when the population is culled. Wild deer have no predators and can do great damage to the landscape if herds get too big.

Check labels

The use of the Union Jack has got a little out of hand recently, so check the country of origin to see where produce is actually grown.

Buy a different variety

Biodiversity needs a reset; we need to grow and eat more varieties of everything as this helps with lots of issues from disease prevention to drought-proofing. Companies like Hodmedods have revived lesser-known strains of wheat and pulses – try carlin peas instead of chickpeas for example *(hodmedods.co.uk).*

What to look for in January

Leeks, beetroot, carrots, parsnips, sprouts, cabbages, cauliflower, celeriac, swede, apples, Jerusalem artichokes, kale and citrus from Europe.

Turn over for recipes using seasonal produce ▶

Try these seasonal recipes

Chickpea & roasted parsnip curry

SERVES 4 **PREP** 15 mins
COOK 30 mins **EASY** **V** ❄

4 large parsnips, cut into batons (about 500g)
2 tbsp vegetable oil or sunflower oil
2 tsp cumin seeds
1 onion, chopped
bunch of coriander, leaves picked and stalks very finely chopped
3 tbsp curry paste (we used balti)
2 x 400g cans chickpeas, drained
400ml coconut milk
2 limes, 1 juiced and 1 cut into wedges
yogurt, rice or naan, to serve

1 Heat the oven to 200C/180C fan/gas 6. Put the parsnips in a roasting tin and toss with half the oil, the cumin and some seasoning. Roast for 25-30 mins until softened.
2 Heat the remaining oil in a pan. Cook the onion and coriander stalks for 15 mins, until really soft and caramelising. Stir in the curry paste and cook for 1 min, then add the chickpeas and coconut milk. Simmer for 10 mins until the sauce reduces and clings to the chickpeas. Add the lime juice and season.
3 Top with the parsnips, coriander leaves and lime wedges and serve with yogurt, rice or naan.

GOOD TO KNOW vegan • folate • fibre • iron • 2 of 5-a-day • gluten free
PER SERVING 517 kcals • fat 30g • saturates 16g • carbs 41g • sugars 12g • fibre 15g • protein 14g • salt 0.5g

Hot beetroot salad

SERVES 4 **PREP** 10 mins
COOK 5 mins **EASY** **V**

3 raw beetroot, peeled and cut into matchsticks
1 lemon, juiced
1 tbsp honey
1 tbsp grainy mustard

In a large non-stick frying pan, fry the beetroot for 2 mins. Add the lemon juice and cook for 1 min more. Drizzle in the honey and mustard and stir to coat.

GOOD TO KNOW low fat • vit c • 1 of 5-a-day
PER SERVING 44 kcals • protein 2g • carbs 9g • fat 1g • saturates none • fibre 2g • sugars 8g • salt 0.3g

Brussels sprout slaw

SERVES 6 as a side **PREP** 20 mins
NO COOK **EASY** **V**

200g brussels sprouts, trimmed and shredded
1 small red onion, sliced
1 carrot, sliced into thin strips or coarsely grated
¼ red cabbage, cored and shredded
1 tsp celery seeds
small bunch of chives, parsley or dill, roughly snipped or torn
50g yogurt
50g mayonnaise
1 tsp mustard of your choice
2 tsp apple cider vinegar or any other vinegar

1 Put the sprouts, onion, carrot, cabbage, celery seeds and all but a small handful of the herbs in a bowl, and mix well to combine.
2 Put the yogurt, mayo, mustard, vinegar and seasoning in a small bowl and mix well. Spoon the dressing over the vegetables, then toss everything well to coat. Taste for seasoning. Spoon the slaw into a serving bowl or onto a platter, and scatter over the remaining herbs to serve.

GOOD TO KNOW healthy • folate • vit c • 1 of 5-a-day
PER SERVING 107 kcals • fat 7g • saturates 1g • carbs 6g • sugars 5g • fibre 4g • protein 3g • salt 0.2g

Garlicky linguine with cabbage & anchovies

SERVES 4 **PREP** 10 mins
COOK 15 mins **EASY**

- 400g linguine or spaghetti
- 1 small Savoy cabbage, cut into 1cm-wide slices
- 4 tbsp olive oil
- 5 garlic cloves, thickly sliced
- 50g can anchovies in olive oil
- large pinch of crushed chilli flakes
- 1-2 tbsp olive oil
- 50g fresh white breadcrumbs
- 4 tbsp finely chopped parsley
- 2 tbsp freshly grated pecorino or parmesan

1 Cook the linguine in a large pan of boiling, salted water following pack instructions, adding the cabbage for the final 4 mins of cooking time.

2 Meanwhile, heat the oil in a very small saucepan and gently cook the garlic. As soon as it starts to turn golden, lift out with a fork and set aside. It's very important that the garlic does not brown or it will spoil the flavour of the oil.

3 Add the anchovies and their oil, and cook for 1-2 mins, mashing with a fork. Pour in about 150ml hot water (take a ladle or two from the pasta pan) and simmer very gently until the pasta is ready.

4 To make a crumb topping, heat the oil in a large pan and cook the breadcrumbs and parsley, stirring often, for 5 mins until golden, then mix in the cheese.

5 Drain the pasta quite lightly and return to the pan. Add the anchovy sauce, garlic, chilli and plenty of black pepper. Toss well to combine, then divide between bowls, scatter with the hot crumbs and serve.

GOOD TO KNOW fibre • vit c • iron
PER SERVING 622 kcals • protein 22g • carbs 82g • fat 23g • saturates 4g • fibre 7g • sugars 7g • salt 1.7g

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NEW!

2025's top foodie destinations

Kick off this year's holiday planning with ideas and inspiration for sustainably minded travel

words LULU GRIMES

Travel 'trends' are not very sustainable, they often encourage everyone to visit the same place at the same time, which isn't good for the traveller or the destination. If you're not pinned to school holidays then consider 'shoulder season' travel, when there'll be fewer crowds and the weather won't be so very hot, or cold. Flying does, of course, come with a carbon footprint but when you reach a destination you can choose to make your stay as planet-friendly as possible by looking for hotels with sustainable practices such as using green energy, turning off lights and air-con when not in use, using water carefully, employing local people and giving back to their environment. When you are out and about it's hard to avoid single-use plastic in some countries, especially when eating street food – a stall or small restaurant that uses washable plates and cutlery can be a better bet. Local transport can be bikes, electric vehicles or public transport. In all destinations, local people care about their environments and there will be good choices to make.

Ho Chi Minh City

Bánh mì and history

2025 is the 50th anniversary of the fall of Saigon so Ho Chi Minh City will be newsworthy. In truth, it's always a good year for a trip to this food-centred city. You could, if you wanted, live on bánh mì for three meals a day, the modern version was invented here: fried-egg-stuffed baguette for breakfast, roast pork, pâté and the works for lunch, then a Southern Vietnamese version filled with veg and herbs for dinner. At the other end of the super sandwich scale, this city has three Michelin one-star restaurants, and 24 small establishments or street carts awarded a Bib Gourmand, often serving a singular dish well, such as exceptional chicken pho, xôi (steamed sticky rice) and Vietnamese pancakes. Go for the historical significance and eat well as a big bonus.

> "If you're not pinned to school holidays, consider 'shoulder season' travel when there will be fewer crowds"

Istanbul

Regional cuisine and green fine dining

The reinvention of ancient into modern is a trick that Istanbul pulls off well; hotels reside in old palaces, warehouses and factories and new public spaces are breathing life into buildings that may have been shuttered for years. This city was the most visited in the world in 2023 according to Euromonitor International, and new spaces for tourists to visit help with congestion and allow the exploration of different neighbourhoods. Turkish cuisine in all its regional variations has always been championed by venues like Çiya Sofrası in Kadıköy and more recently in elevated form at venues like two-Michelin-starred Turk Fatih Tutak. Chef Maksut Aşkar's Neolokal has a Michelin green star denoting sustainable practices and his kitchen aims for zero waste while using local suppliers and producers. Visit in shoulder season, explore widely and use public transport like the ferry system and trams rather than adding to the city traffic.

Gozo

Island adventures and feasting

With an ambition to be carbon neutral by 2030, Malta's little sister island Gozo has a trump card when it comes more sustainable travel, as it's slightly off the beaten path and as a venue for outdoor pursuits it is, by the very nature of its offer, less spoilt. Salt is still harvested in the old-fashioned way, by hand and Gozitan produce includes olive oil, citrus fruit and wine as well as Ġbejna cheese, craft beer, pizza-like ftira bread and, of course, fish and seafood. Gozo has beaches, walking trails, kayaking and diving on offer, the buses are free to use with a

Photographs ISTOCK EDITORIAL, ISTOCK/GETTY IMAGES PLUS, CARLINA TETARIS/ MOMENT/GETTY

Tallinja card and you can hire electric tuk tuks. Go for a quieter holiday and join the drive for sustainability.

Greenland

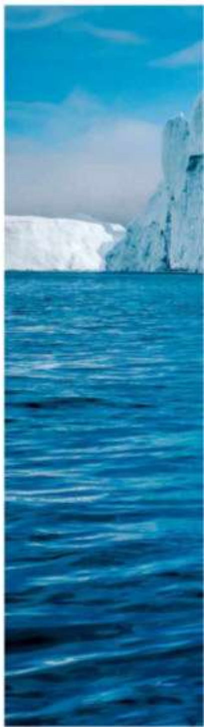
Icebergs, midnight sun and seafood

Diverse landscapes of towering mountain peaks and icebergs, unearthly green-blue glaciers and surrounding seas make this, the world's largest island, an extraordinary place to visit for more intrepid travellers. From a climate perspective, Greenland is at the cutting edge of global warming, and flying anywhere isn't carbon neutral, so staying at venues that aim for a sustainable footprint like Ilimanaq Lodge in the UNESCO world heritage park, reached only by sea through Ilulissat Icefiord, or at Glacier Lodge Eqi, both owned by World of Greenland, helps keep your footprint lower while showing you the reality of global warming. Power is solar, water is glacier melt water and food is very local, foraged, caught off the coast or from the land; expect prawns, snow crab, halibut and lamb as well as musk ox and whale (controversial but traditional). The new international airport at Nuuk opened at the end of 2024 with direct flights to Copenhagen and in 2025 will connect with New York. *worldofgreenland.com*

Swiss Alps

On the Bernina Express

From Chur in Switzerland, take the Bernina Express to Tirano in Italy and enjoy the views while you travel through the UNESCO World Heritage site of Rhaetian Railway and traverse the Alps. At the Montebello curve there are views of the Bernina massif, the Morteratsch glacier, lakes Lej Pitschen, Lej Nair and Lago Bianco. Railway architecture fans will appreciate the 65-metre-high Landwasser Viaduct, the 55 tunnels en route and the 196 bridges between Chur and Tirano – best of all is the single-track Brusio Circular Viaduct, built to mitigate the steep gradient. The journey takes four hours, but you can split it across three or more days if you like, stopping in San Moritz and/or Poschiavo. Before you set off from the medieval town of Chur try churer fleischtorte, a pie filled with bread, bacon and mince and grab some Bündner pear bread from bakery Merz for trip snacks – they also have a café so you can eat breakfast or lunch there. The San Moritz Gourmet Festival (at the pricier end of the scale) is in January in high skiing season; as would be expected there are excellent restaurants here, or for a more budget option take the Suvretta-Randolins chairlift to mountain restaurant Trutz and enjoy the view with some rib-sticking food. In Tirano, Italy meets Switzerland in dishes such as pizzoccheri, a buckwheat pasta usually served with cabbage and Bitto cheese or polenta taragna, a buckwheat polenta dressed in butter and cheese. Visit website The Man in Seat 61 (*seat61.com*) for every bit of information you need to get from the UK to the Alps.



> Bradford will host more than 1,000 new performances by local, national and international creatives

New York

Restaurant hopping

Once again topping the British Airways destination chart this year, New York never loses its allure. It will be cold at the start of the year, but New York Restaurant week runs 21 January to 9 February with hundreds of venues offering prix fixe menus – reservations open on 7 January. If you prefer the city in summer, then round two is usually scheduled in July or August. Stay in Brooklyn for a slightly less frenetic vibe and access to the botanic gardens. Rent bikes, walk or use public transport to get from place to place, take the ferry across to Governor's Island which is car-free and look back at the Statue of Liberty and sights of the city. There are hundreds of venues to eat in New York – *eater.com* is a deeply foodie site that lists many of them.

Bradford

Culture capital

Bradford is the UK City of Culture this year. Home to artist David Hockney, magician Dynamo and comedian Ade Edmondson, Bradford will host more than 1,000 new performances by local, national and international creatives, many of which will be free. In the autumn, the Turner Prize will head to Bradford's Cartwright Hall Art Gallery and this spring the new dining hub Darley Street Market opens its doors. Set over three floors, the top will be a food hall, the middle is where you'll find food shops and stalls, and on the ground floor, cafés and other shops. Last year the market square was planted with nearly 400 plants and 450 bulbs to bring greenery into the space. Bradford is famous for curries and holds its own awards each year, and there are numerous breweries including microbreweries like Wishbone in Keighley, where there's also an excellent music and beer festival in October this year.

Stratford, London

Museum treasures

V&A East Storehouse opens this year, bringing more of the nation's treasures to the public, for free. ►

The Storehouse provides a purpose-built home for more than 250,000 objects, 350,000 library books and 1,000 archives from the V&A's collections, and will allow visitors to see behind the scenes of a working museum via more than 100 mini curated displays 'hacked' into the sides and ends of storage racking. Stratford is worth exploring for food options. There are many good chains including Master Bao, Hermanos coffee and Tonkotsu, and there are some neighbourhood establishments worth walking a little further for that have been 'quietly emerging into prominence for the last nine years'. That's how Darkhorse decribes itself, a restaurant with a seasonal, well sourced menu, not cooked over gas – dishes include roasted sea trout with spinach risotto and burnt lemon caper butter, and baked Monte Enebro with honey-poached figs. The majority of the wine is sustainable, organic, natural or biodynamic. *thedarkhorserestaurant.com*

Louisiana

Crawfish trails and king cake

2025 is the Year of Food for Louisiana, and this state has a wealth of dishes and produce to share. "The very names of our food demonstrate our cultural influences from France, Spain, West Africa, Germany, the Caribbean and many more," said Doug Bourgeois, assistant secretary of tourism. "Andouille, corn maque choux, jambalaya – Louisiana food not only tastes unique, but it also sounds like our storied past." Take part in an andouille (never call it a sausage) trail in the River Parishes, or follow the Bayou Country crawfish trail. 'Heads' season is late winter to around April when whole crawfish are plentiful and cooked in 'boils', then it's 'tails' in summer when tail meat is used. You can pick your own blueberries, visit farmers markets, eat oysters at Mardi Gras or purple, yellow and green king cake from 6 January through to Mardi Gras (a moveable date depending on when Easter is). Good eating is year-round in this state. Do your bit for the environment by finding restaurants that participate in CRCL'S Oyster Shell Recycling Program. Shells from New Orleans restaurants and public drop-off sites are collected (saving them from landfill) and used to build oyster reefs and shoreline habitat across coastal Louisiana.

> “You can pick your own blueberries, visit farmers' markets and eat oysters at Mardi Gras”

Trip-chaining in Europe

Epic train journeys

100% flight-free company Byway are seeing trip-chaining, a term used for combining multiple stop-offs for errands on a daily commuter route being used for holiday travel. Trips can be shorter or, use two to three weeks to get yourself from London to Madrid via Nimes and then on to Porto, San Sebastian and home via Bordeaux. Stay for a night or two in each place and make the most of local restaurants, markets and food shops. The beauty of train travel is that there is always the opportunity of a 'train picnic' between destinations. *byway.travel*

Thailand

Armchair travel

Season three of *The White Lotus* drops this year and Thailand is high in the holiday searches already. Filmed in the Four Seasons Koh Samui, Anantara Mai Khao Villas on Phuket and probably Bangkok, we will see the glamourous, gorgeous side of Thailand while being appalled by the antics of the protagonists. This is our armchair travel pick; enjoy the series, eat Thai food while you watch and make plans to travel once all the fuss has died down.

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- Holidays include flights, accommodation, transfers and expert-lead guided tours.

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Istanbul city break

Five days/four nights, March to November 2025

Embark on an unforgettable four-night city break and immerse yourselves in the history of Istanbul. Because the city straddles Asia and Europe, Istanbul has been influential throughout the centuries as a key stronghold for the Roman, Byzantine and Ottoman Empires. Empires may have come and gone but what's been left behind is a richly diverse culture that's evident in the city's everyday life.

What's included

- The city bridges the continents of Asia and Europe, you'll explore both sides on two half-day guided tours with an expert, local guide.
- You'll also enjoy plenty of free time to discover the city's array of important historical sites, wander its colourful markets or just relax with a steaming cup of Turkish coffee while taking in the atmosphere of this impressive city.
- Holidays include flights, accommodation, transfers and expert-lead guided tours.

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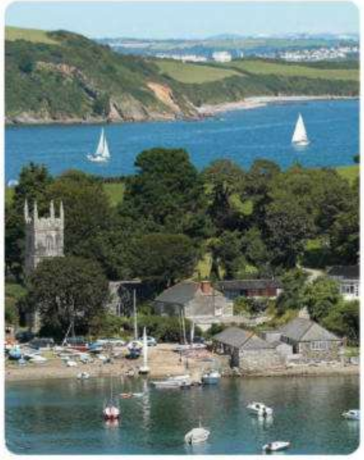

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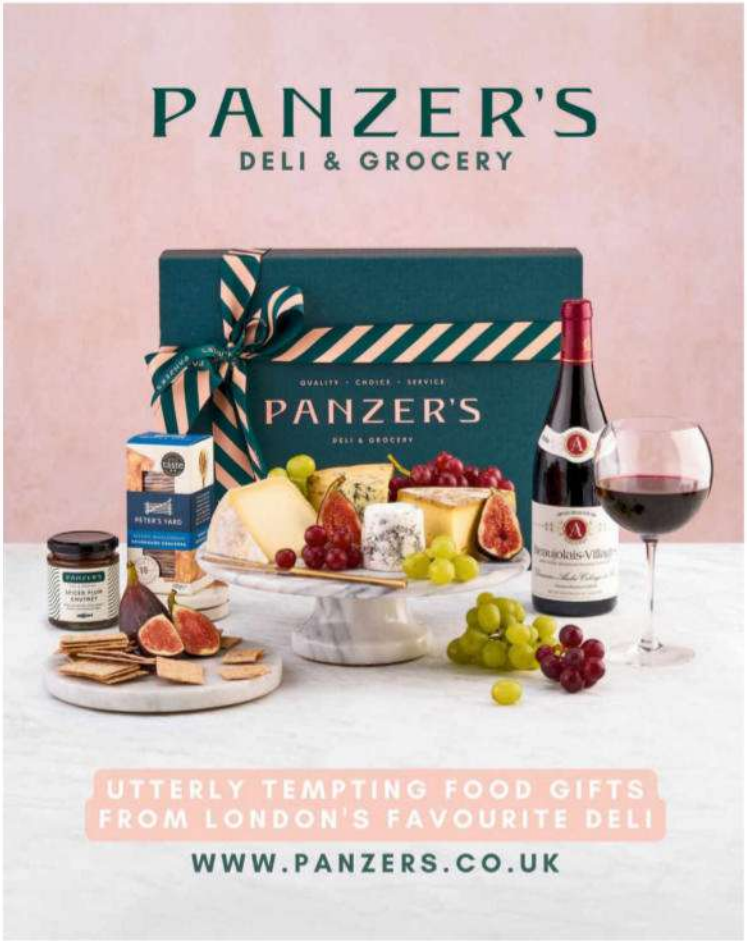

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Get the best from our recipes

We test them thoroughly to ensure they work for you

- Read the recipe before starting. Basic storecupboard ingredients, like salt, aren't included in the ingredients list.
- Use standard measuring spoons for accuracy, especially for things like spices, yeast and salt.
- Where possible, we use humanely reared and produced British meats, poultry and eggs, and sustainably sourced seafood.
- To avoid waste, we suggest how to use any leftovers you may have from our recipes.
- Eggs carrying the British Lion mark guarantee that all hens are vaccinated against salmonella.
- We try to avoid using plastic. You'll find instructions to wrap or cover, but we won't specify what to use unless it is vital to the recipe.

Helping you to eat well
Our BANT-registered nutritionist analyses our recipes on a per-serving basis, not including optional serving suggestions. You can compare these amounts with the Reference Intake (RI), the official recommended amount an adult should consume daily. Energy 2,000 kcals, Protein 50g, Carbohydrates 260g, Fat 70g, Saturates 20g, Sugar 90g, Salt 6g (RIs for total fat, saturates, sugar and salt are the maximum daily amounts).
Healthy recipes are checked to ensure they have a low amount of saturated fat, sugar and salt per 100g, equivalent to green on a traffic-light label. On a per serving basis, Good Food require the saturated fat to be 5g or less, salt 1.5g or less and sugar, 15g or less per serving.
Low-fat recipes in Good Food are low per 100g, or 12g or less per serving.
Low-calorie recipes have 500 calories or less per main, or 150 calories or less for a dessert. We also include portions of fruit and/or veg in a serving, and highlight recipes that supply a third of the daily requirements of calcium, iron, folate and vitamin C, and a good source of fibre and omega-3.
Balanced recipes contribute to your five-a-day, include starchy carbohydrate, lean protein and dairy, or plant-based alternatives. These recipes also use unsaturated oils in small amounts, and all components of the meal are included in the analysis – only seasonings are excluded as 'to serve'. Saturated fats, sugar and salt are medium per 100g, or amber on a traffic-light label.

How we label our recipes
Vegetarian (V) or vegan recipes are clearly labelled, but be sure to check pack ingredients.
Freezing (❄) Can be frozen for up to three months unless otherwise stated. Defrost thoroughly and heat until piping hot.

- Recipes for advertisement features are checked by our cookery team but not tested by them.
- Our gluten-free recipes are free from gluten, but this may exclude serving suggestions. For more information, visit *coeliac.org.uk*.
- We are unable to answer individual medical or nutritional queries.

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Executive chairman Tom Bureau | **CEO** Sean Cornwell | **COO & CFO** Dan Constanda

Sweet & salty

Bake blondies with the moreish American combo of peanut butter and strawberry jam

recipe HELENA BUSIAKIEWICZ ***photograph*** LOUISE HAGGER

Peanut butter & jelly blondies

Use any flavour jam you like here – strawberry, blackberry or plum would all work well.

MAKES 16 **PREP** 15 mins plus cooling and optional 1 hr chilling
COOK 30 mins **EASY** **V**

- 150g salted butter, cubed, plus extra for the tin
- 100g crunchy peanut butter
- 300g light brown soft sugar
- 1 tsp vanilla extract
- 3 eggs, beaten
- 220g plain flour
- ½ tsp baking powder
- 6-7 tbsp strawberry jam

1 Heat the oven to 180C/170C fan/gas 4. Butter a roughly 20cm square baking tin and line with baking parchment. Melt the peanut butter, butter, brown sugar and vanilla together in a large saucepan over a low heat, stirring occasionally until combined. Remove from the heat and leave to cool slightly.

2 Whisk in the eggs and a generous pinch of salt, then sift over the flour and baking powder, and fold in using a spatula until just combined. Pour the mixture into the prepared tin. Dot the jam over the top, then use a skewer to gently swirl it in and create a marbled effect.

3 Bake for 30-40 mins, or until the blondies are shiny on top with a gentle wobble in the middle. Leave to cool completely in the tin. If you like, chill the cooled blondies for 1 hr if you prefer them to be fudgy. Slice into 16 squares.

PER SERVING 262 kcals • fat 12g • saturates 6g • carbs 33g • sugars 22g • fibre 1g • protein 5g • salt 0.38g

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